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THE
FAMILY TOKEN,

OR

Book of Practical Arts and Sciences,

CONTAINING

TRUTHFUL FACTS AND HINTS UPON USEFUL SUBJECTS,

EXPRESSLY SUITED TO THE WANTS OF

EVERY MAN, WOMAN, AND CHILD

IN THE UNITED STATES OF AMERICA :

ALSO CONTAINING MORE THAN

FIVE HUNDRED RECEIPTS

FOR EVERY VARIETY OF COOKING, DYEING, WASHING, ETC.
TOGETHER WITH RECEIPTS FOR MAKING CHOICE FAMILY
MEDICINES, ALL OF WHICH MAY BE RELIED UPON
AS GENUINE, AND SUCH AS EVERY FAMILY
SHOULD NEVER BE WITHOUT.

BY

AN EMINENT PHYSICIAN.

GREENSBORO, N. C. :

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WILLIAM H. SHAIN,
HUDSON STEREOTYPE FOUNDRY.

PENTAGON
STEAM PRESS.

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THE FAMILY TOKEN,

OR

BOOK OF PRACTICAL ARTS AND SCIENCES.

CHAPTER I.

Variety of Moral Hints.

THE reward of industry is success, while idleness is punished with obscurity and disgrace.

TRAINING THE MIND.

A well-balanced mind can carry a man through life, so that he will not be the sport of every change that flits across the scene. And it should always be borne in mind, that this high attainment is in a great degree owing to the influence of habit.

The frivolous mind may continue frivolous to the last,—dreaming over trifles, or creating for itself fictions of the fancy. The distorted mind

may continue to the last, eagerly pursuing its speculations, constantly departing from the truth. The vitiated mind may continue to the last, the slave of its degrading passions; such is the power, and such the result, of mental habits. Then, in early youth, aim at the mastery of the mind, as habits may be unconsciously formed, the influence of which may peril the happiness of life and the immortal interests of the soul.

RESOLUTION.

Be resolute! "Firmness of purpose" is almost omnipotent. Sheridan was once timid; "but," said he, "it is in me, and it must come out." From that moment he rose, and shone, and triumphed in consummate eloquence.

PUNCTUALITY.

This virtue is all-important—and why? because it promotes the peace, order, good temper, and prosperity of a family; because it gives weight to character; and, like other virtues, it generates itself. Children will be punctual if their parents are so.

PATIENCE.

Be patient, and thus derive from the severest

misfortunes and trials both instruction and happiness.

FORGIVENESS.

Would you gain a glorious victory over another? if so, forgive, in kindness, all injuries done you by him.

TALENTS.

No one knows what he is capable of doing. Would you give light to the world? dig deep and long. Would you die a fool? be inactive—mourn because you were not born a genius.

POLITENESS.

Let it be cultivated, and its beauties will daily unfold. It is a passport to the respect of the refined and intelligent, and also wins favor from the vulgar.

TEMPER.

Acquire and retain a good temper; it is more valuable than gold.

MILDNESS.

“Honey attracts more flies than vinegar;” so will the gentle always have friends.

KINDNESS.

Would you relieve yourself, help others. A word may crush the brightest hope. A smile of love may revive the dying.

CHEERFULNESS.

Those who benefit the world, who here remove a weed and there plant a flower, must be cheerful.

DISCONTENT.

Give a man wealth, honor, luxury, ease, and all the comfort which earth can afford, still discontent will poison all.

NEGLIGENCE.

Some persons are careless in all they do. If they study, it goes no deeper than the surface; if they work, it is done unfaithfully; are always neglecting things of more importance for some trifling affair. Minds capable of high efforts, of extensive usefulness, have been paralyzed by the influence of this evil.

SCOLDING.

What makes people scold? they never have been governed themselves; how can they govern

others? Would you know who govern well? Those who are prompt and resolute, but steady and mild.

TO ACQUIRE A GOOD REPUTATION.

Endeavor to be good. Be more ready to commend than blame; be honest in all your dealings, and "always do to others as you would have others do to you."

PARENTAL COMMANDS.

Be careful to make few commands. Run no risk in giving orders; but if you make them, let nothing be an excuse for disobedience.

THE INFLUENCE OF THE ELDEST CHILD.

The eldest child will be a model after which the younger members of the family will be fashioned. How great then the responsibility of the parent in the training of the eldest child.

SLEEP.

When nature calls for rest, obey her orders. It is like the "balm of Gilead" to the weakened frame. In good health, from six to eight hours sleep is generally sufficient.

IMPROVEMENT OF TIME.

Always employ your leisure moments; have something to do. Have convenient work at hand that your time may be well employed during a social call or in moments of leisure. There is time enough for the performance of every duty; hence, if anything is neglected, the fault is ours. Instead of saying much about your employment; or wasting time in procrastination, set yourself promptly and resolutely about your work.

DR. FRANKLIN'S CODE OF MORALS.

“Eat not to fulness; drink not to elevation; speak not but what you benefit others or yourself. Avoid trifling conversation. Let every thing have its place; let each part of your business have its time. Resolve to perform what you ought; perform without fail what you resolve. Make no expense but to do good to others or yourself, wasting nothing. Lose no time; be always employed in something useful. Use no deceit, think innocently and justly, and if you speak, speak accordingly. Wrong none by injuries, or omitting the benefits which are your duty. Avoid extremes; forbear resenting injuries. Suffer no uncleanness in your body,

clothes, or habitation. Be not disturbed about trifles, or at accidents common or unavoidable. Imitate Jesus Christ."

EXTRACT FROM WASHINGTON'S CODE OF MANNERS.

"Every action in company ought to be with some sign of respect to those present. Be no flatterer, neither play with any one that delights not to be played with. Read no papers, books, or letters in company. Come not near the papers or books of another so as to read them. Look not over another when he is writing. Let your countenance be cheerful, but in serious matters be grave. Show not yourself glad at another's misfortunes. Let your discourse with others on matters of business be short. It is good manners to let others speak first. Strive not with your superiors in argument, but be modest. Take admonitions thankfully. In your dress be modest, and consult your condition. *Play not the peacock, looking vainly at yourself.* It is better to be alone than in bad company. Let your conversation be without malice or envy. Urge not your friend to discover a secret. Break not a jest where none take pleasure in mirth. Gaze not on the blemishes of others. When another speaks, be attentive. Be not apt to relate

news. Speak not evil of the absent. Labor to keep alive that spark of heavenly fire called conscience."

CHAPTER II.

Simple and Safe Remedies for Common Diseases and Accidents.

CHILBLAINS.

THESE sores are caused by frost, and are often very painful. Where the skin is not broken, bathe the part in strong alum water; this will cure if continued a week or two. Copal varnish is good. Also pig's-foot oil will effect an immediate cure.

BLEEDING AT THE NOSE.

Grate salt-dried beef, and take two or three pinches; this is a sure remedy. Other remedies will often suppress it—as the following: pour cold water upon the back of the neck: raise the left arm, and keep it up some time: soak the feet in warm water, &c.

WARTS.

Apply caustic; wash the warts with milk weed.

Another: rub them with fresh beef every day until they disappear. This last is effectual.

CORNS.

Take of verdigris, 2 ozs; of bees'-wax, 3 ozs.; of ammonia, 1 oz.; melt the two last ingredients together, and just before they are cold add the verdigris. Spread on small pieces of linen; apply, after paring the corn. This has cured obstinate corns.

BILES.

Apply a poultice of warm bread and milk. Remedies for purifying the blood should be freely used.

A CURE FOR STINGS.

Bind on a thick plaster of salt—it will soon extract the venom.

RING-WORM.

Lay a penny in a spoonful of vinegar, and after standing a few hours, apply it often; this will cure. Common tobacco juice is good.

RICKETS.

Keep the bowels regular; bathe the body in

tepid salt and water; use friction; live on a vegetable diet.

SALT RHEUM.

Use a wash made of one pound of yellow dock leaves, boiled in one quart of beef brine, and one pint of urine, one hour. At the same time, cleanse the blood with a syrup made from elder bark, yellow dock, and sarsaparilla root. This has cured very bad cases.

SCROFULA.

Bathe daily in sea-water, and take small drinks of the same. Live on a nutritious vegetable diet, and keep the bowels sufficiently open.

THE ITCH.

For an infallible remedy for this dreaded and loathsome disease, use red precipitate, with an equal quantity of pulverized sal-ammonia. Or make use of sulphur, which is very effectual.

TUMORS.

Use a poultice, made of equal parts of slippery elm and Indian meal; mix with weak lye, and add a little salt.

POLYPUS.

Take equal parts of pulverized blood root and bay-berry, and use it as a snuff. If the passage is nearly closed, touch the diseased part with a swab, dipped in the snuff, as far up as possible.

MORTIFICATION.

Give the patient tonic bitters, and a glass of yeast 3 or 4 times a day. Also apply poultices of yeast, thickened with flour of slippery elm.

BRUISES AND SPRAINS.

Apply to the part affected a poultice, made from a pint of soft soap, a handful of salt, a teaspoonful of sal-nitre, powdered. Or bathe the part in "hot drops."

CATARRH.

Snuff freely of Castile-soap, powdered. Or use the catarrh snuff, and bathe frequently in warm water.

COSTIVENESS.

Eat regular of an open, nutritious vegetable diet; and also solicit an evacuation at a regular time each day, without fail.

Where a person is punctual in this respect, constipation of the bowels cannot exist.

FELON.

Soak the finger in strong, warm lye, for half an hour at a time, frequently. Also make use of strong poultices.

CURE FOR A BURN.

Take equal parts essence of peppermint and sweet oil; put on with cotton. It will not fail to cure.

ACID STOMACH.

Prepared chalk (always to be found at druggists) is an excellent remedy.

CUTS.

Apply brown sugar until it ceases bleeding; then use common healing salve, with sugar melted in it.

TO STOP THE BLEEDING OF A WOUND.

Apply the inside of puff-ball to the wound. Or use flour and lint.

AGUE IN THE FACE.

A plaster made of equal parts of brown hard

soap and brown sugar, mashed together and used as a plaster, is an excellent remedy.

RHEUMATISM.

Bathe the part with a strong decoction of alcohol and pepper.

DEAFNESS.

Use sweet oil, with a few drops of sassafras do. added; drop into the ear once or twice a day.

TIC DOLOREUX.

Apply a mustard poultice; it has almost worked miracles.

BLEEDING AT THE LUNGS.

Eat of raw table salt freely. Or take equal parts of powdered loaf sugar and rosin 4 times a day; or drink freely of a decoction of yellow dock root.

COMMON SORE THROAT.

A gargle of salt, vinegar, pepper, and water, in proportions to make it agreeable, will cure common sore throat.

PUTRID SORE THROAT.

Add to half a pint of boiling water three

spoonfuls of Cayenne pepper and two spoonfuls of common salt, let it stand one hour. Dose, one table-spoonful every hour; also use it as a gargle. This has been proved infallible.

EAR-ACHE.

Cotton wool wet with sweet oil or paragoric, hot, and the ear bandaged, will give instant relief. Or put into the ear the heart of a roasted onion.

QUINSY.

Inhale the steam of vinegar, and bind hot tansy or wormwood on the throat. Gargle weak lye.

MUMPS.

Keep up perspiration if possible; be careful lest you take cold. If there is costiveness, use injections of water and Castile-soap. Cover the swelling with cotton, and bathe it with volatile liniment.

ERUPTIONS.

Dissolve Epsom-salt, and bathe the parts affected three times a day. There is nothing so good.

PILES.

Make daily use of a syringe, with warm water and Castile-soap—a mild and sure cure if persevered in. A decoction made of “Balm of Gilead” buds, with alcohol, has cured inveterate cases.

CROUP.

Wrap up the child to promote perspiration; dissolve half a tea-spoonful of ipecacuanha in half a tea-cup of warm water; sweeten and give a half or whole tea-spoonful every five minutes, until vomiting is produced. Onion juice and molasses may be given to vomit, but no time should be lost. It is known by a peculiar whistling in the breathing.

WHOOPIING COUGH.

A tea-spoonful of castor-oil, with a table-spoonful of molasses, to be taken when the cough is troublesome. Live on a light vegetable diet. Always keep the bowels open.

COMMON COLDS AND COUGHS.

Drink freely of hoar-hound tea, it is excellent. Make a syrup of equal parts of honey, molasses, and vinegar, let it simmer over the fire about

half an hour, then add a little ipecac. Dose, a table-spoonful whenever the cough is troublesome.

CRAMP IN THE STOMACH.

If the pain is severe, take half a glass of raw brandy, with twelve drops of laudanum; or give fifty drops of paragoric. If not, a tea-spoonful of essence of peppermint or composition tea will relieve.

CHOLIC.

If bilious, and the bowels are inactive, injections are the anchor of hope; they should be given at first, and made as follows:—To a pint of starch add half a pint of molasses, a pint of milk, a wine-glass full of sweet oil or fresh lard, and a tea-spoonful of table salt. Give as much as patient can bear every two hours, until relief is obtained. A tea-spoonful of laudanum added to a pint of strong mint tea, and a few swallows taken every five minutes, is very beneficial.

For Common Cholic, put together a tea-spoonful of Cayenne pepper and double the amount of sugar, with three times the amount of boiling water; sip as soon as cool enough to drink.

CHOLERA MORBUS.

If the pain is distressing, use the remedies prescribed in Cramp and Cholic.

DYSENTERY.

One or two doses of rhubarb may be taken with good effect; the bowels must be regulated by a suitable diet.

DIARRHEA.

It may be stopped in a few hours by eating parched rice, boiled in the usual manner. Scalded milk or arrow-root are good. The diet should be light and mucilaginous.

ERYSIPELAS.

Take an oz. of cream of tartar to a quart of cold water. Dose, half a wine-glass full every two hours, day after day; keep the bowels open with Epsom salts. Apply copperas water to keep from spreading.

HEADACHE.

Drink freely of strong thoroughwort tea—very efficient.

HICCOUGHS.

Take a swallow or two of vinegar, or a long draught of cold water.

SICKNESS AT THE STOMACH.

Drink peppermint tea ; eat freely of raw salt.

NIGHT SWEATS.

Drink freely of cold sage tea—said to be a certain remedy.

CANKER.

Drink a tea made of low blackberry leaves, or raspberry. Burnt alum held in the mouth is good.

ASTHMA.

Burn a piece of brown paper as big as your two hands, that has been dipped in strong salt-petre water, in your room upon going to bed ; it will give great relief. Syrup of squills, in small doses, is the most simple remedy.

SPINAL AFFECTIONS.

Bathing in strong, tepid salt and water is good for all bone diseases.

WORMS IN CHILDREN.

Make a strong sage tea, and dissolve in it half a tea-spoonful of saleratus. Salt and water is excellent, especially if there are symptoms of fits.

HYDROPHOBIA.

Wash and cleanse the wound immediately, and apply to every part of it "nitrate of silver." This destroys the poison which will come away. If faithfully applied, a celebrated physician declares the sufferer perfectly safe.

TO REMOVE PROUD FLESH.

The following recipe has been practised in England for years with great success. It is simply this—pulverize loaf sugar very fine, and apply it to the part affected.

GRAVEL.

Take a handful of smart weed, make a tea of it, and add one gill of Holland gin. Take it all in eight hours; the best of remedies. Or drink lime water freely.

GOUT.

Use penny royal tea, and keep the foot and leg covered with soft wool, wet in sweet oil.

SCURVY.

Eat very freely of vegetables and fresh meat, and gargle the throat with Cayenne pepper and vinegar.

CHAPTER III.

How to obtain Good Health and Bodily Vigor.

SAYS old Isaac Walton, "the essential ingredient of human felicity is good health."

"Good health depends upon and creates bodily vigor." The art of improving the health and prolonging the life has been much studied, and many important principles have been settled. I propose, in this essay, to notice some of the most valuable of these principles.

Let me promise, however, that bodily vigor is not to be obtained by drinking "Elephant's milk," preparations of "Iron," "Sarsaparilla," or other drugs or nostrums. Drugging often makes the matter worse; self-drugging is the height of folly.

Taking all sorts of advice from people incompetent to judge of the cause of your debility, or

of the nature of remedies, is absurd and ruinous to health. A carpenter or mason will not pretend to mend your boots, but he will presume to mend your health!

The chief important sources of bodily vigor to which I will call attention, are the following:—

The first, and one of the most important sources of bodily vigor, is exercise.

It promotes the rapid breaking up and rapid formation of flesh.

It promotes breathing, digestion, circulation, and purification of blood.

It produces great power of contractility in the muscular fibres.

It enables a person to eat a larger quantity of food than he otherwise could, and to convert that food into blood.

It keeps the body free from fat and dead matter, and renews the flesh often, keeping up the highest degree of vitality.]

It reduces the nervous sensibility of the body and brain, and renders the individual cool, calm, hardy, good humored, and insensible to slight causes of uneasiness or pain. Sensibility is not happiness; if it were, it would be wise to get the itch, for the pleasure of scratching. Rough, good health is better than sensibility.

Again—while exercise lessens nervous sensibility, it increases animal courage and ambition.

Exercise also increases the size and power of all the organs and faculties, under one condition, that is, if exercise be regular and not too great, and alternated with natural periods of rest.

What is the amount of exercise necessary to create a high state of bodily vigor? Answer. Four or five hours of active walking, riding on horseback, or labor in the open field daily. Two hours of active exercise in the open air, daily, is the smallest quantity compatible with health, or with the usual habit of eating and living, to maintain good health.

The less exercise, the less must be the quantity of food consumed. If you feed a horse freely, and don't work him, he will die.

The second important source of bodily vigor is the due regulation of the food, or simple, abstemious diet; temperance in eating.

Remember "Dr. Abernethy's" advice to a wealthy invalid—"Live on sixpence a day, and earn it."

The prize fighters, while training, are made to undergo an immense amount of severe exertion in the open air, daily, for months, while fed on a simple though abundant diet of bread, water,

and meat, until the requisite vigor and insensibility to blows is attained.

The proper quantity of food—solid food—for a person that does not labor in the open air, is from one to two pounds, only, in twenty-four hours. This should be lean meat (beef, mutton, and fowls, being best). Abstemiousness is the great principle for persons leading a sedentary life.

The third source of bodily vigor is a *great expansion of chest, and a large consumption of pure air.*

Always walk with the body erect, shoulders thrown back, chest expanded, breathing deeply and heavily; never sit down and bend forward, cramping up the chest and stomach; keep your apartments well aired, particularly your chamber at night.

“When you are thirsty,” says a skilful modern writer, “drink water; when low spirited, drink air.”

The advice is as valuable as it is forcible. Air and water are great sources of electricity. The oxygen of these two fluids has some singular and important affinity with the vital fluid of the body. Hence oxygen has been justly styled “the exhilarating wine of life!” Drink any quantity

of this wine; it is a species of indulgence to which there is no sort of objection.

The fourth source of bodily vigor is *frequent bathing*, to keep the skin clean, open, and healthy; and also to keep the internal vital organs free from inflammation and congestion.

Bronchitis is essentially a disease of deficient action of the skin; so is catarrh, or common cold; so is inflammation of the lungs; diarrhea, &c., &c.

Too much mental excitement produces a cold skin.

The skin on the exterior of the body, and the lining of the lungs, stomach, intestines, &c., are composed of the same material, and have an intimate sympathy. It is a truth to say that the skin is, in fact, a part of the lungs, stomach, intestines, kidneys, bladder, &c. &c., as it really may perform the function of either of these organs, and either of these may do the work of the skin.

The skin has in it fourteen millions of air-holes, and should be kept free to discharge from 3 to 5 lbs. of matter per day: if not often washed, with the aid of a little soap, alcohol, or alkali, it will be covered over with a water-proof varnish.

The fifth means of creating bodily vigor is, *abstinence from stimulants*, and the use of pure, nutritious, and unstimulating *food*.

It is a maxim of cooks, "never to use one spice if they can get more." I pray you avoid this maxim.

Take a hint from Tom Hyer. He used no tobacco, coffee, tea, liquors, spices or stimulants of any kind, while training for the great fight with Yankee Sullivan.

The sixth means of creating bodily vigor is, to *avoid all luxuries and comforts*, and live in a frugal and hardy manner.

Use hard beds, mattrasses; avoid feather beds, hot rooms, thick bed coverings, &c., &c.

Don't clothe the body too warmly, or muffle up the neck.

Don't "cosset!"

The seventh means of creating bodily vigor is, *moderation* in the indulgence of the *sexual passion*.

Some persons whose bodies are well supplied with blood can endure more in this way than others, but there is a limit for all. I can only counsel moderation; the too free use of this organ causes a great shock to the nervous system, and a great loss of nervous power.

Finally, the chief sources of health, long life, and bodily vigor, are,—

I. Pure Air.

II. Proper Diet.

III. Constant Exercise.

IV. Frequent Bathing.

When these sources of health are neglected, the laws of life are violated, and the body becomes broken down and diseased.

FOOD WHICH A DYSPEPTIC MAY EAT.

Lean, roasted or broiled, meats; beef, mutton, and chicken, or turkey, being best.

Some kinds of fish, as cod, perch, and oysters; to be boiled and eaten without much butter—never fried.

Mealy potatoes, and the various other vegetables.

Coarse bread, one day old.

Rice, hominy, cracked wheat, and similar articles made into a variety of palatable dishes.

Baked apples and pears, apple puddings, peaches, and other fruits, cooked in a variety of ways.

All fruit and vegetable pies, made with a plain, coarse crust, without much shortening or butter.

The quantity of drink taken should be small.

Use water or milk and water, or black tea, largely diluted with milk.

Salt may be used as seasoning, moderately.

FOOD WHICH A DYSPEPTIC MAY NOT EAT.

No greasy, fat, or fried food of any kind whatever; not even fried potatoes.

Not too much concentrated food, as meat, eggs, cream, butter, fine bread.

No pork, veal, or wild-fowl; no oily soups, sausages, eels, smoked, pickled or salt fish or meat; no oily nuts, as walnuts, filberts, almonds, and the like.

No new bread, hot buttered toast, spiced pies with oily crust; no pancakes, fried fritters, or anything of the sort.

Little or no pepper, mustard, spices, vinegar, olive oil, pickles, mixed sauces, gravies or stimulants to excite the appetite.

No coffee, chocolate, green-tea, wine, beer, spirits, tobacco, snuff or cigars.

Beware of over-eating, it is the worst of poisons.

CHAPTER IV.

Miscellaneous Receipts.

PATENT SOAP.

To 14 lbs. bar soap, 3 lbs. carbonate of soda, 1 lb. rosin, 8 ozs. salt, 2 ozs. spirits turpentine; mix with 5 galls. of soft water, boil till dissolved, then pour in the barrel, and fill up with cold water.

SOFT SOAP.

10 lbs. of potash, mixed in 10 galls. of warm water over night; in the morning boil it, adding 6 lbs. of grease; then put in a barrel, adding 15 galls. of warm water.

HARD SOAP.

1 lb. of salt of soda, 2 lbs. of hard soap, 5 quarts of water, boil down to 3 quarts; let stand until cold, then cut in slices to dry.

LABOR-SAVING SOAP.

Take 2 lbs. of sal-soda, 2 lbs. yellow soap, 10 quarts of soft water; cut the soap in thin slices and boil together two hours; strain, and it will be fit for use.

NEW SHAVING SOAP.

Take a quarter of a pound of Castile-soap, one cake of old Windsor soap, a gill of lavender water, the same of cologne, and a little alcohol, and boil all these together until well mixed.

TO KEEP SOAP GREASE.

It may be kept clean and pure, so that the soap will be perfectly clean, by shutting it up in a box with a tight cover, or an iron pot with a close lid. It has been thus kept free from mould and impurities through the heat of a long summer.

COMMON SMALL BEER.

A handful of hops, to a pailful of water, one pint of bran, half a pint of molasses, one gill of yeast, and a spoonful of ginger.

ROOT BEER.

Take a pint of bran, a handful of hops, some twigs of spruce, hemlock or cedar, a little sassafras, or not, as you have it; roots of every kind; plantain, burdocks, docks, dandelions, &c., &c.; boil and strain, add a spoonful of ginger, molasses, to make pleasant, and a cup of yeast; this for one gallon.

WHITE SPRUCE BEER.

3 lbs. of loaf sugar, 5 galls. of water, with enough of essence of spruce to give it a flavor, a cup of good yeast, a little lemon peel; and when fermented bottle up close.

GINGER BEER.

1 cup of ginger, 1 pint of molasses, 1 pail of water, and a gill of lively yeast; in cold weather scald the ginger; the yeast put in slightly warm. After fermentation bottle as other beers.

MOLASSES BEER.

6 quarts of water, 2 quarts of molasses, $\frac{1}{2}$ pint yeast, 2 spoonfuls of cream tartar, stir all together. Add the peel of a lemon grated, and the juice may be substituted for cream of tartar. Bottle after standing 10 hours, with a raisin in each.

HARVEST DRINK.

Mix with 5 galls. of good water, $\frac{1}{2}$ gall. of molasses, 1 quart of vinegar, 2 ozs. powdered ginger.

TO RESTORE ACID BEER.

Stir in a small quantity of saleratus with a spoonful of sugar.

TO MAKE LEMONADE.

Pare and roll 1 lemon, then cut in thin slices, and add loaf sugar; water enough to make a pleasant beverage.

TO MAKE SARSAPARILLA MEAD.

1 lb. of sarsaparilla, boil 3 hours, so as to strain off six quarts; add 12 lbs. brown sugar, 7 ozs. tartaric acid, $\frac{1}{2}$ wine-glass of syrup to $\frac{1}{2}$ pint tumbler of water, and $\frac{1}{2}$ tea-spoon of carbonate of soda powdered, is a fair proportion for a drink.

TO MAKE SARSAPARILLA AND LEMON POP.

“Sarsaparilla syrup.”—12 lbs. crushed sugar, 1 gall. of water, $\frac{1}{4}$ oz. oil sassafras, $\frac{1}{4}$ do. oil wintergreen, a little lemon; heat 30 minutes, but not boil; color the syrup with burnt sugar.

“Lemon syrup.”—12 lbs. crushed sugar, 1 gall. of water, $\frac{1}{2}$ oz. oil of lemon; heat as above.

For 8 galls. of water, 1 lb. of carbonate of soda, the whites of six eggs, beat to a foam, mix together, and strain through a coarse cloth; use $\frac{1}{2}$ tea-spoon of tartaric acid to each bottle, also a table-spoonful of the syrup to each bottle; then fill up with the mixture of water and eggs.

FOUNTAIN DRINK.

To make 40 galls. drink, 40 lbs. sugar, root ginger 1 lb., $\frac{1}{2}$ lb. Columbia root, $\frac{1}{4}$ lb. camomile blows, cort.-amrantine 2 lbs., $\frac{1}{4}$ lb. nutmeg, 5 lbs. of ginger, 1 spoonful of wintergreen oil; mix together and steep two hours; yeast and bottle as other beers; it is an excellent beverage.

LEMON BEER.

For one barrel, use 2 ozs. cassia, 4 ozs. camomile blows, 1 oz. cloves, steep the above 2 hours, then strain into a barrel, and add 30 lbs. of crushed sugar, dissolved thoroughly, and add the juice of 8 lemons, or if have none, use 8 ozs. tartaric acid, fill up with water, stir in 2 cups of yeast, also the whites of six eggs, beat to a froth; let stand 1 hour, then bottle for use.

DR. CRONK'S SARSAPARILLA BEER.

Take 1 lb. of sasafra, 4 lbs of sarsaparilla, 2 lbs. hops, 1 lb. of camomile blows, 1 lb. of cinnamon, 5 lbs. of ginger, 1 pint of extract of sarsaparilla, boil them all together two hours; have ready steeped half a pound of green tea, which add, then strain into a vat or tub, and add 10 galls. of molasses, and 100 galls of water. Stir

in thoroughly 1 quart of yeast, and scent to suit your taste ; let stand until fermented, then bottle for use.

SILVER TOP BEER.

To 3 lbs. of crushed sugar, take 1 pint of hot water and place over a slow fire until dissolved, then add the whites of five eggs, with one spoonful of flour, beat to a foam, and a tea-spoonful of lemon oil ; then divide the syrup into two equal parts, and add to one part 5 ozs. carbonate of soda, and to the other 4 ozs. tartaric acid ; bottle tight, and use a table-spoonful of each syrup with a gill of water. It is a delicious drink.

BEER YEAST RECIPE.

For 1 gallon, take 1 quart of malt, 1 gall. of warm water, strain off your malt liquor, in that boil your hops ; make half pint of flour starch, cook it, and stir it in the hop water ; when cool enough not to scald, add a little yeast ; let it stand till it rises, then bottle and cork tight.

YEAST RECIPE.

Put in 1 gall. of water a handful of hops, and boil them well together, then strain the syrup into a crock, and add flour enough to make a

batter, stir it well, let it stand till cold enough to work with your hands, then thin it with warm water or milk and let it rise, in a very short time it is fit for use.

HOW TO MAKE COFFEE.

Allow 1 table-spoonful of ground coffee to each person, wet with cold water, and add a part of an egg, or a bit of fish skin, then pour on boiling water, and let boil $\frac{1}{4}$ hour, take from the fire and let it settle a few minutes before sending it to the table. Use rich, sweet cream with the yolk of an egg stirred in, and have good sugar; it is equal to the French coffee. Never grind until just before using.

CHOCOLATE.

Allow 3 spoonfuls of scraped chocolate to a quart of water; boil about 20 minutes, and stir while boiling; pour in rich cream or milk and let it boil up, and it is ready for the table.

TEA.

Always use 1 tea-spoonful to a person and one besides; have the water boiling, put the tea into the pot, cover it with the boiling water and let it draw about 5 minutes, then fill it up and it is

ready; have sweet cream and loaf sugar. Black tea is the healthiest.

COCOA.

This is a very delicate drink. Persons who cannot drink coffee and tea, make use of this with impunity.

The directions for making come with the article.

TO MAKE WHISKEY VINEGAR.

Take 6 galls. of soft, pure water, 3 quarts of whiskey, $2\frac{1}{2}$ quarts Orleans molasses, and $\frac{1}{2}$ pint of good yeast; put the mixture in a keg, and let it stand in the sun one month, and it is fit for use. If made in winter, let it stand by fire.

SUGAR VINEGAR.

Mix together a little yeast, 2 lbs. of brown sugar, and a gall. of water. Let it stand in the sun a few months, say three, and it is fit for use.

CIDER VINEGAR.

This is best when apples are plenty; everybody can make their own, merely by converting these apples into cider, and letting it stand six months.

TOMATO CATCHUP.

Take 12 lbs. of tomatos, and sprinkle upon them 2 lbs. of salt; let them remain two days, then boil and press out the juice; put into the liquor a pint of vinegar, ginger, cloves, pepper, and cinnamon; boil them one-third away, and bottle tight for use.

MUSHROOM CATCHUP.

Take, wash clean and crush, mushrooms, and throw on a handful of salt to every peck, and let them stand one day; then put them in an oven, and let them stew 12 hours. Extract the juice, and to every gallon add an oz. of cinnamon, one do. cloves, do. pepper, and $\frac{1}{2}$ lb. of salt; boil over a slow fire until half gone, then bottle for use.

WALNUT CATCHUP.

Put as many green walnut shells as you choose into a tub, mash them, and throw on salt water enough to cover; continue mixing them until they become pulpy; strain and boil the juice after adding spices as above; bottle tight.

Recipes comprising a Variety of Subjects.

TO MAKE GOOD BLACKING.

Use of ivory black, 2 ozs.; sweet oil, half a tea-spoonful; brown sugar, half an oz.; mix well together; then slowly add a pint of small beer and a tea-spoonful of gum-arabic. Shake it well; when dissolved it is ready for use.

ESSENCES.

Mix an oz. of the oil with one pint of good alcohol, and shake them well together.

TO MAKE WATER OIL FOR PAINTERS.

Take 8 lbs. of pure unslacked lime, add 3 galls. of water, stir it and let settle; turn it off gently, and bottle it; keep it corked until used. This will mix with oil in proportion of half, and make the paint more desirable.

TO PREVENT A TEA-KETTLE FROM COATING.

Put a shell of an oyster in the kettle, and the lime will adhere to it instead of coating the sides.

TO PRESERVE MILK.

Put a spoonful of horse-radish into a pan of milk, it will remain sweet for several days, either

in open air or in a cellar, while other milk will sour.

POWDER FOR REMOVING DEAD HAIR.

Powdered quick-lime, 2 parts; sulphurate of arsenic, 1 part; starch, 1 part; mix in fine powder, and keep it in a tight vessel.

TO CLEAN GOLD.

Wash it in warm suds, with 10 or 15 drops of sal volatile.

TO CLEAN BRITTANNIA OR SILVER.

Simple whiting powder, and moistened with alcohol, is the best article ever used.

HENS' EGGS.

Those that approach nearest to roundness produce females; while those that are more pointed produce males.

CURE FOR CORNS.

Take white pine turpentine, spread a plaster, apply to the corn; let it stay on until it comes off. Repeat three times.

TO DESTROY RED ANTS.

Crack shag bark walnuts, and lay where you

wish to collect them, and then wet the cracks where they come with corrosive sublimate.

CURE OF BLACK TONGUE.

A handful of fine salt, rubbed on the tongue of a horse that has this disease, will effect a cure in two or three applications.

TO DESTROY CROWS IN CORN-FIELDS.

Steep corn in arsenic, and place where they come, and they will never come again.

TO PRESERVE HAMS.

Rub them with pulverized nitre, let them remain in the cellar 3 days, smoke a barrel 3 days, and make a pickle of salt and sugar; put in your hams, and the work is done for the year.

TO CLEANSE BLACK VEILS.

Pass them through a liquor of beef's gall and water, then take a small piece of glue, pour boiling water on it, and pass the veil through it. Clay and frame it dry, and it will be as beautiful as new.

FOR RED MARKING INK.

Half an oz. of vermillion, 1 drachm of salt of
D*

steel, finely levigated with linseed oil, to a proper consistency ; keep from air.

INDELIBLE INK.

Four drachms of lunar caustic, in 4 ozs. of water, add 60 drops of nutgall, made strong by being pulverized and steeped in soft water : the mordant, which is to be applied to the cloth before writing, is composed of 1 oz. of pearlash, dissolved in 4 ozs. of water, with a little gum-arabic dissolved in it. Wet the spot with this, dry and iron the cloth, then write.

INK POWDER FOR IMMEDIATE USE.

Powder 10 ozs. of gall-nut, 3 ozs. of green copperas, 2 ozs. each of powdered alum and gum-arabic ; put some of this mixture into white wine, and it will be fit for use.

INK USED FOR TYPE.

Dissolve one part of asphaltum in four parts oil turpentine, add lampblack, in fine powder, in sufficient quantity to render it of proper consistence to print a type.

TO GIVE SILVER A LUSTRE.

Dissolve alum in strong lye, skim it carefully,

then mix with soft soap, and wash your silver, using a linen rag.

ANTIDOTE AGAINST MICE.

Gather wild mint, put it where you wish to keep them out, and they will surely stay away.

TO TAKE GREASE OUT OF SILK.

Apply a little magnesia to the wrong side, and the spots will soon disappear.

TO PRESERVE CHEESE FROM MITES.

Paste over it coarse brown paper to cover every part.

TO PRESERVE POLISHED STEEL FROM RUSTING.

Wrap the articles in fine paper, and keep them in a dry place.

TO CLEANSE TIN WARE.

Keep them perfectly free from grease, and clean them with rotten stone and rape oil.

TO REMOVE MILDEW FROM LINEN.

Moisten a piece of hard soap and rub it thickly into the part affected, then scrape fine chalk, and rub that also in; lay the linen on the grass,

and from time to time, as it becomes dry, wet it a little. If the spots are not quite removed, repeat the process.

TO REMOVE SPOTS OF GREASE FROM PAPER.

Take equal parts of rock alum, burnt, and flour of sulphur, finely powdered together; moisten the paper with cold water, lay a small quantity of powder on the spot, rub gently with the finger, and the grease will disappear.

FURNITURE VARNISH.

White wax, 8 ozs.; oil of turpentine, 1 pint; melt the wax, and gradually mix in the turpentine.

CHAPPED HANDS.

After washing, drop a few drops of noney on the hands and rub them.

TO CLEAN LOOKING-GLASSES.

Remove all fly-stains and other dirt by breathing on them, and rub very gently with a soft rag, then polish with a bit of flannel, in which is tied up powdered blue.

TO REMOVE GREASE FROM BOARDS.

Moisten potter's clay with boiling water, and

spread a thick plaster over the green spot, let it remain all night before scouring; scour with hot water.

TO KEEP YOUR FLOOR WHITE.

Sprinkle powdered sandstone over it, then mop off with clean, hot water; use no soap.

A GREAT DISCOVERY.

A small quantity of green sage placed in the closet will cause red ants to disappear.

BLOATING IN CATTLE.

A table-spoonful of spirits of ammonia for an ox or a cow; a tea-spoonful for a sheep or calf.

TO PREVENT INK FROM FREEZING.

Instead of water, use brandy, with the same ingredients that you use for any ink, and it will never freeze.

TO PREVENT MOULD IN INK.

Take half a gill of spirits of wine, and add to the ink: or, infuse a piece of salt, as big as a hazlenut, on each quart.

TO MAKE YELLOW BUTTER IN WINTER.

Just before the termination of churning, put

in the yolk of eggs. It has been kept a secret; but its value requires publicity.

TO TAKE STAINS OUT OF MAHOGANY.

Spirits of salts, 6 parts; salts of lemon, 1 part; mix; then drop a little on the stains, and rub them until they disappear.

TO PICKLE VEGETABLES.

Soak them for about one day in brine, then drain them, put them into bottles, and pour on them boiling vinegar until quite covered; cork immediately.

TO PICKLE CUCUMBERS.

Put them in salt and water as you pickle them, changing the water once in three or four days. When you have done collecting your cucumbers for pickling, take them out of salt and water, turn on scalding hot vinegar, with alum and salt in it.

TO PRESERVE SHOE LEATHER.

Keep clean; grease often with a compound, made of equal parts of tallow and fish oil; lard should never be used.

BATHING.

Deaths are often recorded from premature bathing. It produces cramps and spasms, and there cannot be too much caution used in this matter. Never allow it when the water and weather are cold.

TO MAKE PATENT CEMENT.

Lime, clay, and oxide of iron, separately calcined and reduced to a fine powder, are to be intimately mixed; keep close, and when used mix with a little water. It will make cracks in wood water-tight, &c.

SIMPLE MODE OF PURIFYING WATER.

A table-spoonful of powdered alum, sprinkled into a hhd. of water, and stirred, will, in the course of a few hours, precipitate to the bottom all impure particles, and leave the water as clean and pure as spring water: 4 galls. would need but a tea-spoonful.

TO KEEP MOTHS FROM CLOTHES.

Put a piece of camphor in a linen bag (or some aromatic herbs) in the drawers, among linen or woollen clothes, and neither moth nor worm will come near them.

TO PREVENT BRASS VESSELS FROM CORRODING.

Instead of wiping them dry it has been found that by constantly emerging them in water, they are kept perfectly innoxious, and will remain for years fully as clean, and nearly as bright as when they first came out of the hands of the workman.

TO DESTROY SNAILS AND SLUGS.

A few turnips sliced and laid on the borders of the garden they infest will attract them in the evening.

TO CHANGE HAIR TO A DEEP BROWN.

A solution of silver caustic in water is the foundation of all the nostrums for this purpose; it must be well diluted before used.

TO DESTROY GRUBS.

Cut a turf and lay it with the grass downwards near the plant destroyed by the grub, and it will attract them.

TO TAKE OFF A GOLD RING STICKING TIGHT TO THE FINGER.

Touch it with mercury, and it will become so

brittle that a slight blow with a hammer will break it.

TO KEEP APPLES FRESH A YEAR.

Put a layer of apples and a layer of dry sand in box or bin, and so continue until full; cover tight, and keep where they will not freeze in winter. They will be fine and nice flavored the next summer.

TO KEEP GRAPES, PLUMS, ETC.

Put them in layers of cotton until your jar is full, cover close, and keep from frost. It is said they will keep immersed in molasses.

TO CLEANSE PLAYING CARDS.

Rub the soiled cards with a piece of flannel and good fresh butter until the butter shall have cleansed off all the dirt. So soon as the dirt is removed, wipe off the butter with a clean rag, rub the surface sharply with a piece of flannel and some flour, and rub the edge neatly with fine sand paper.

COMPOSITION FOR MATCHES.

Take 4 parts glue, dissolve, and when it is hot, add 1 part phosphorus, and sift in a few spoon-

fuls of whiting to bring it to a proper thickness. This is genuine.

WATER-PROOF CLUE.

Melt common glue in the smallest possible quantity of water, and add, by drops, linseed oil that has been rendered drying by having a small quantity of litharge boiled in it, the glue being briskly stirred while the oil is added.

ICY STEPS.

Salt strewed upon the steps will make the ice brittle, so that it can be easily removed.

TO REMOVE WRITING INK FROM PRINTED PAGE.

Add one-half part red oxide of lead to three parts of muriatic acid, pour it on the page, and immediately wash it off with water.

STAGGERS IN SWINE.

Before giving anything, pour soft oil on the issues of their legs, rub well, and give them as much new rum and pepper as you can make them take with a spoon. This has cured those who were nearly dead.

OIL FOR THE HAIR.

Use 1 part of brandy with 3 parts of sweet oil; add any scent you prefer.

TO REMOVE BLUE INK SPOTS.

Blue ink should first be washed in sweet milk, and then rub strong soft soap on the spot, and it will soon disappear.

FEATHERS.

It is said that tumbled plumes may be restored to elasticity and beauty by dipping them in hot water, then shaking and drying them.

A REMEDY FOR POISON.

A gill of melted lard poured down the throat of a sheep, poisoned by eating laurel, is a certain cure.

TO TEMPER EARTHENWARE.

Put it in cold water, covered, and heat gradually until the water boils; it is less likely to crack.

TO PREVENT THE HAIR FROM FALLING OFF.

Moisten it often with a little fresh, strong

beer; it will keep the hair in curls and strengthen the roots.

RED BOTTLE WAX.

Rosin, 4 lbs.; tallow, 1 lb.; red lead, 1 lb; mix with heat.

A SALVE FOR CUTS AND SORES.

1½ oz. of olive oil, 2 ozs. diaculum, 2 ozs. of bees'-wax; melt together.

WHITE-WASH.

Mix up half a pailful of lime and water, take half a pint of flour and make starch of it; pour it into the white-wash while hot, stir it well, and it is ready for use.

TO KILL WEEDS IN BRICK WALK.

Keep them moist with brine three weeks in spring and one week in fall, and it will prevent their growing.

TO RENDER CLOTH WATER-PROOF.

Boil 1 lb. of turpentine and ½ lb. of lithrath in powder, and 1 or 2 pints of linseed oil; the article is to be brushed over and dried in the sun.

TO LIBRARIANS.

Collectors of books will not be sorry to learn

that a few drops of oil of lavender will insure their libraries from mould.

TO MERCHANTS.

A single drop of the oil of lavender will prevent a pint of ink from moulding for any length of time.

TO POLISH STOVES.

Mix powder of black lead with a little alcohol, and lay it on the stove with a piece of linen rag, then take a soft, dry brush, dip it in some of the dry black lead powdered, and rub it to a beautiful brightness.



CHAPTER V.

The Art of Cooking.

HOW TO MAKE GOOD BREAD.

Take 8 quarts of flour, 6 ozs. of butter, 1 pint good yeast, 3 tea-spoonfuls saleratus, dissolved in half a pint of warm milk, add this to the yeast, and after working the butter and the flour, add the yeast and milk, enough to make the bread stiff; knead the whole together.

TO MAKE BROWN BREAD.

Two quarts of lukewarm water, half a teacupful of molasses, 1 cup of yeast, wet it up stiff; when light, add a tea-spoonful of saleratus: this for two loaves.

WARM BISCUIT.

Take 2 cups of cream, half a cup of butter, tea-spoon of saleratus, dissolved; add a little salt, wet up soft, cut in cakes, and bake in a quick oven.

SODA BISCUIT.

Two tea-spoons cream tartar, rubbed into one quart of flour, one tea-spoon of carb. soda, dissolved in two cups sweet milk, half a cup of butter or lard, and a little salt; bake as above.

JOHNNY CAKE.

Take one quart of milk, three eggs, one tea-spoon saleratus, one cup of flour, Indian meal enough to make a batter as thick as pancakes. Bake quick in pans well buttered. If you have no eggs, it is very good without.

TO KEEP HOPS.

Hops should be kept in a dry, close place, and lightly packed.

INDIAN CAKE.

One egg, half pint milk, three spoonfuls molasses, a little cinnamon, Indian meal stirred in until it is just thick enough to pour. Bake half an hour.

INDIAN GRIDDLES.

Take one quart of milk, one pint Indian meal, four eggs, four spoonfuls of flour, and a little salt; beat well together; bake on a griddle or pan.

Another.—Take equal parts of flour and Indian meal, a little salt, wet it in a thick batter with milk or butter-milk, a tea-spoonful of saleratus; bake as above.

FLANNEL CAKES.

Put a table-spoon of butter into a quart of milk and warm them until the butter has melted, stir well, and set away to cool; beat five eggs as light as possible, and set them into the milk with half a lb. of flour; add a little salt and half a cup of yeast; set the batter away to rise; then bake on griddle as above.

BUCK-WHEAT CAKES.

Mix one quart of flour with a pint of lukewarm

milk, add a cup of yeast, and set in a warm place to rise; in the morning, if sour, add a tea-spoon of saleratus and a little salt; bake on griddle. Always leave a little in the pan to start next time.

PLAIN FRITTERS.

One quart butter-milk, one pint sweet do., three beaten eggs, tea-spoon of salt, tea-spoon of saleratus; stir in flour enough to make a thick batter, drop them by spoonfuls into hot lard, and fry them a light brown.

CREAM FRITTERS.

Take one quart of sweet milk, one cup of cream, four beaten eggs, half a nutmeg, little salt; stir with flour sufficient to make a thick batter, dissolve a little saleratus and stir in, and fry in plenty of lard.

EXCELLENT APPLE FRITTERS.

Pare and cut your apples in slices, and mix with flour; stir in a quart of milk and four eggs, a little salt and saleratus, to make a thick batter, fry as above.

HOE CAKE.

Scald a quart of Indian meal with just water

enough to make a thick batter, stir in two tea-spoons of butter ; bake in a butter pan, $\frac{1}{2}$ hour.

RICE CAKE.

Boil a cup of rice to a jelly, add a little milk, two spoonfuls of butter, little salt, four eggs beat to a foam, and flour to make a batter ; fry as other griddles, and serve hot, with sugar and nutmeg.

GRAHAM BREAD.

Take three quarts of unbolted wheat flour, one quart of warm water, one gill of fresh yeast, one gill of molasses, one tea-spoon saleratus : for two loaves : bake one hour, and cool gradually.

RYE AND INDIAN BREAD.

Take Indian meal sifted, and rye flour, a cup of yeast, two spoonfuls of molasses, add a little salt, and place in pans to rise ; scald the meal, and wet it soft.

CRUMPETS.

Work three cups of raised dough, a cup of melted butter, three eggs and milk to make a thick batter ; bake half an hour in hot buttered pan.

APPLE DUMPLINGS.

Make a light dough, and lay it before the fire to rise; make into moderate-sized dumplings, and throw into boiling water. In twenty minutes they are done; eat with butter and sugar.

TOAST WITHOUT BUTTER.

Boil a pint of milk, add two table-spoons of flour, a tea-spoon of salt; let it scald, then pour over the bread.

MILK TOAST.

Boil a pint of rich milk with a table-spoon of butter and one of flour; have ready your bread toasted in a dish; pour the milk over it hot, and cover until ready for the table.

MUFFINS.

One pound of flour, one pint of milk, a cup of butter, the same of yeast, and three eggs; bake without tins.

Variety of Nice Cakes.

EXCELLENT WEDDING CAKE.

Four lbs. of flour, three lbs. of butter, three

lbs. of sugar, four lbs. of currants, two lbs. of stoned raisins, two dozen eggs, half a pint of brandy, three nutmegs, half a lb. of citron, and a little molasses; bake from two to three hours.

BRIDES' LOAF.

Take two lbs. of flour, sifted; four lbs. of butter; two of loaf sugar, sifted fine; one quarter of an oz. of nutmeg, the same of mace; to every lb. of flour use eight eggs; wash and pick four lbs. of Zante currants, and dry them; blanch a lb. of sweet almonds, cut them lengthwise, very thin; add a lb. of citron, a lb. candied orange, a lb. candied lemon. Beat the butter to a cream, then mix with it the sugar, and beat twenty minutes; beat the eggs to a strong froth, and stir in; then add the flour, mace, and nutmeg, and beat till the oven is ready; at last, stir the almonds and currants lightly in, and bake in buttered pans. It will take nearly three hours baking if the loaves are large.

LOAF CAKE.

Two cups of sweet milk, two cups of sugar, one cup of butter, two eggs, two tea-spoons of cream of tartar, and one of carb. of soda; with the above, use a lb. and a half of flour.

SODA SPONGE CAKE.

One cup of flour, one of sugar, four eggs, a little salt and nutmeg, one tea-spoon cream of tartar, half do. carb. soda.

COOKIES.

One cup of butter, one of sugar, one egg, a tea-spoon of saleratus, dissolved, and flour sufficient to roll.

FRUIT CAKE.

One pint of light dough, one cup of sugar, one of butter, three eggs, a tea-spoon saleratus, one lb. of raisins, nutmeg and cinnamon to the taste; let stand and rise, then bake one hour.

SOFT CAKE.

Two cups of sugar, one of butter, six eggs, and a little nutmeg.

NICE SPONGE CAKE.

Ten eggs, their weight in sugar; the weight of seven eggs in flour; beat the eggs to a froth, then add the sugar and flour. Just before baking, add the juice of one lemon, and a tea-spoon of saleratus.

CUP CAKE.

One cup of sugar, one of butter, three and a half of flour, four eggs, a cup of cream, and half a tea-spoon of saleratus; bake in tins.

CONVENTION CAKE.

One cup of butter, two of sugar, three of flour, four eggs, beat well. Always try it, and all kinds of cake, with a fibre from a corn broom; when nothing adheres, it is done.

POUND CAKE.

One lb. of flour, one of sugar, one of butter, eight eggs, beat well, and bake three quarters of an hour.

ICING FOR CAKE.

Beat the whites of your eggs to a froth, and use five spoonfuls of sifted loaf sugar to each egg; beat the whole gradually for half an hour; put it on while the cake is hot, and set in a warm oven to dry.

NUT CAKES.

Take one lb. of flour, one quarter of a lb. of butter, same of sugar, five eggs, and spice to your taste.

AN EXCELLENT FRIED CAKE.

One cup of sugar, one of cream, three eggs, a tea-spoon of saleratus; cut in strips, twist and fry in lard.

SOFT GINGERBREAD.

One cup of cream, one of molasses, a tea-spoon of ginger, one of saleratus, a little salt; bake in half an hour.

HARD GINGERBREAD.

One lb. of flour, half a lb. of butter and sugar rubbed together, a table-spoon of ginger; beat well, and knead stiff enough to roll out, and bake on pans.

GINGER NUTS.

Two quarts of molasses, 10 ozs. ground cloves, one lb. of sugar, two ozs. of ground ginger, as much flour as will make a batter, with two lbs. of butter.

DOUGH NUTS.

One cup of butter, one of sugar, a little nutmeg, and two eggs, worked into a quart bowlful of bread dough, and made as hard as biscuit;

then let rise an hour; add a tea-spoon of saleratus. When light, cut in squares or balls, and fry in lard.

COCOA-NUT CAKES.

Take equal parts of powdered cocoa and loaf sugar, add the whites of eggs, beaten to a stiff froth, half a dozen to the pound; mix the whole together, and drop on buttered tins. bake in a moderate oven.

SHREWSBURY CAKE.

One lb. of flour, half do. sugar, half do. butter, five eggs, beat till very light; bake moderately.

CHEAP CAKE.

Two eggs, one cup of sugar, one of butter, and one butter-milk; beat well with three cups of flour, add saleratus.

ANOTHER.

One cup of butter-milk, one cup of sugar, a tea-spoonful of carb. soda; wet up soft.

CHEAP COOKIES.

One cup of cream, one cup of sugar, one egg,

a small bit of butter, a tea-spoon of saleratus, and a little nutmeg.

SODA LOAF CAKE.

One cup of sweet cream, two cups of sugar, three eggs, half a cup of butter; add two cups of stoned raisins, two tea-spoons cream of tartar, and one and a half of carb. soda; wet up stiff; put in pan, and bake in quick oven.

POOR MAN'S CAKE.

Take three cups of bread batter, two cups of sugar, one of butter, and two eggs; stir up well, and set down to rise. When light, bake in brisk oven.

CRULLERS.

One cup of butter, two of sugar, half a cup of cream, three eggs, a little saleratus; roll into any fanciful shape, and fry in lard.

SAUSAGE ROLLS.

Make small balls of sausage meat; envelop each one with light bread dough, and bake them.

POTATO CAKE.

Grate boiled potatoes, and mix with an equal

quantity of flour four ozs. of butter, add salt and milk, cut out, and bake in a hot oven; slice and butter for tea.

Variety of Pies, Puddings, Custards, &c., &c.

GREEN APPLE PIE.

Stew and strain the apples, grate in the peel of a lemon, and sugar to your taste; bake in a rich paste, half an hour.

ANOTHER METHOD.

Pare and slice tart apples, lay them in a rich crust, and let them bake half an hour. Raise the top crust, and add sugar, with a little butter; they are excellent when first baked.

DRIED APPLE PIE.

Stew the apples soft, then mash them fine, add sugar or molasses to make them sweet, and a sprinkle of salt; bake them in a wholesome paste half an hour. This will be nearly as good as fresh fruit.

MINCE PIE.

Two lbs. of meat, after it is chopped; one lb.

of suet, one and a quarter lb. of sugar; three lbs. of apples, one and a half lb. of Zante currants or raisins, and make it quite moist with cider; one oz. of cinnamon, two do. cloves, two nutmegs: a bit of sweet butter on the top of each pie adds to them much: bake three quarters of an hour.

CUSTARD PIE.

Six eggs to one quart of milk, sweeten to your taste with clean sugar, grate in nutmeg; bake in deep plates, with under crust.

APPLE CUSTARD PIE.

Grate four sweet apples for every large pie, a pint of milk, two eggs, sugar, a little salt; bake in quick oven.

CHERRY PIE.

Stone your cherries, lay your paste in a deep dish, and add a quantity of the fruit; fill the dish with molasses, with a handful of flour sprinkled over, then a nice paste, and bake half an hour.

PLUM PIE.

Make a rich paste, put in one lb. of sugar to

two lbs. of plums and a little molasses; must be well baked.

PEACH PIE.

The crust must be rich; very little sugar should be used; the pie must be well baked.

QUINCE PIE.

Peel twelve apples and two quinces, stew and sweeten; bake in a rich paste.

LEMON PIE.

Take one lemon, slice very thin, lay it in a rich paste, sprinkle over one spoonful of flour, one cup of sugar, fill the pie nearly full of water, and cover; bake nearly an hour.

PUMPKIN PIE.

Stew the pumpkin, strain through a sieve, add one quart of milk to one of pumpkin, then add molasses or sugar, a little salt, cinnamon, with a spoonful of ginger and an egg, with a handful of flour; bake in a hot oven.

RHUBARB PIE.

The skin should be stripped from the stalks, then cut into small bits and stewed very tender; sweeten to suit the taste.

SQUASH PIE.

Boil and sift the squash, and make exactly like pumpkin pies.

APPLE TARTS.

Scald eight or ten large apples, let them stand until they are cold; then take off the skins, break five eggs, with the pulp of the apples, grate one lemon, and squeeze the juice; melt some sweet butter; beat them together; cut some puff paste into small rounds; bake twenty minutes.

CRANBERRY PIES.

Stew the berries, and sweeten to your taste with sugar; a little nutmeg; bake with only an under paste, and lay strips of paste on the top to form diamonds.

CURRANT PIES.

Take green currants and wash, add one-third their quantity in sugar and raisins; add a little water, and sprinkle a little flour over the fruit.

Dried apples stewed may be substituted for raisins.

POTATO PIE.

Boil potatoes until done, mash and strain them ; to a pint of potatoes add a pint and a half of milk, half a cup of sweet cream, two eggs, sugar and salt ; lemon to the taste.

VINEGAR PIE.

Three table-spoons of vinegar (if good), four do. sugar, two do. of water ; bake in rich paste ; it is delicious.

WHORTLEBERRY PIES.

Made as cherry ; gooseberry and blackberry the same.

TOMATO PIE.

Skin and slice ripe tomatoes ; sprinkle over a little salt and sugar, half a cup of cream, one egg, and cover with a rich paste.

PIE PASTE.

Take two quarts of flour, rub into it one and a half lb. of lard, wet with water, enough to work it up, and add a little salt.

BREAD AND BUTTER PUDDING.

Line the edge of a small dish with paste, put

thin slices of bread and butter at the bottom, and a layer of currants on them, and so fill the dish; then pour over some new milk, mix with three eggs; let stand to soak two hours, then bake.

BOILED RICE PUDDING.

Wash some rice, mix a little finely-powdered pimento with it; tie loosely in a cloth, and boil for an hour; serve with melted butter and milk sweetened.

BREAD PUDDING.

Take one quart of milk, three slices of bread cut fine and mixed with it; next, take four eggs and half a cup of sugar, beat to a foam; then mix with milk and bread, and bake in moderate oven.

BAKED INDIAN PUDDING.

Scald a quart of milk, stir in eight table-spoons of Indian meal, a little salt, a cup of molasses, a spoonful of ginger; bake three or four hours.

CUSTARD PUDDING.

Take four eggs to a quart of milk, sweeten

with sugar to your taste, and use a little salt and nutmeg; bake twenty minutes.

STEAM PUDDING.

Pare and slice eight or ten apples, put them in a kettle with a gill of water, make a crust the same as for soda biscuit, and cover the apples; close the kettle so that steam cannot escape; cook twenty minutes; it is very wholesome.

POTATO PUDDINGS.

One and a half pint of mash potato, a cup of sugar, half a cup of butter or sweet cream, one cup of flour, one quart of milk, and four eggs; a little salt; bake an hour or more.

BAKED RICE PUDDING.

Swell a cup of rice, add a quart of milk, sweeten with brown sugar, and bake in a moderate oven about an hour.

BOILED PLUM PUDDING.

Three pints of flour, six eggs, one lb. of plums, a cup of chopped beef suet, a cup of sugar, a pint of milk, mix the whole together, flour the bag, and boil three hours.

A RICH PUDDING, GOOD WITHOUT EGGS.

A cup of rice to a quart of milk, little salt, sugar, and a cup of raisins; bake two hours: it is very nice.

BIRD-NEST PUDDING.

Take eight pleasant apples, dig out the cores, prepare a custard, six eggs to a quart, use a little salt and nutmeg, sweeten with sugar; then lay the apples in a dish, pour the custard over them, and bake half an hour.

A GREEN BEAN PUDDING.

Boil new beans, mash them, and beat in mortar, with a little pepper and salt, the yolk of an egg, some cream; boil it an hour in a basin, pour butter over it, and serve bacon with it.

CHEAP CUSTARD.

Take four eggs, one quart of milk, sweeten with brown sugar, add a little salt, and bake about fifteen minutes.

RICH CUSTARD.

Take eight eggs, one quart of new milk, a gill of sweet cream, little salt, flavor with lemon;

boil until just thick, and lay in a dessert dish, with a whip over the whole; serve as pudding.

APPLE CUSTARD.

Pare and slice twelve pippins, melt a lb. of loaf sugar in a pint of water, and twelve cloves, and skim; put in the apples, and stew until the liquor is nearly gone. Lay them in a deep dish, take out the cloves when they are cold; pour in a quart of custard, and let it cook by setting the dish in boiling water. It is delicious.

FLOATING ISLANDS.

Take the white of an egg, beat to a froth, add a glass of currant jelly, beat them together until a spoon will stand up in it; drop a spoonful at a time on a bowl of sweet cream.

BAKED CUSTARD.

Eight eggs, beat and put into two quarts of cream; sweeten to the taste, and bake.

SAUCES AND CREAMS FOR PUDDINGS.

Take equal parts of sugar and molasses, boil them together, and stir in a little flour.

Take the juice of a lemon, a cup of sugar, and the same of sweet cream.

Sour cream, made very sweet with sugar, is excellent.

Add to a cup of stewed apples, and a cup of sugar, two eggs beat to a froth.

ARROW-ROOT BLANC-MANGE.

Put into a bowl of water six table-spoons of arrow-root; after it has settled, pour off the water, and add a cup of milk; boil a quart of milk, and while boiling stir in the arrow-root; in five minutes it is fit for use.

RICE JELLY

Is made as blanc-mange, using water instead of milk; it also requires longer boiling.

ICE CREAM.

One pint of sweet cream, three pints of new milk, one lb. of loaf sugar, and two lemons; boil and stir the sugar in gradually. If you have no lemons use four eggs. Put into a freezer, and surround the freezer with ice and coarse salt, on all sides; while freezing stir it well, scraping it down from the sides.

LEMON CREAM.

Mix together a pint of cream, two eggs well

beaten, a cup of white sugar, and the rind of a lemon; boil it up, stir until almost cold; put the juice of a lemon in a dish, and pour the cream upon it; serve in large glass dishes.

TO MAKE A WHIP.

Take a pint and a half of cream, the whites of three eggs, white sugar to your taste, and a little lemon juice, then whip with a whisk made of a bunch of quills, or in a whip churn; and as the foam rises lay it in a dish for use.

BAKED APPLE DUMPLINGS.

Take a pint of stewed apples sifted, those that are tart are best, two cups of sugar, half a cup of butter, eight eggs, one quart of milk; flavor to your taste; bake one hour.

SNOW CREAM.

Add to a pint of thick sweet cream, two spoons of white sugar, and four eggs beat to a froth, flavor with lemon; this is to be served with a dessert of sweetmeats.

RULES FOR PRESERVING FRUITS, JELLIES, ETC.

All delicate fruit should be done gently; acid fruits should never be cooked in earthen-

ware, but bright tin or brass vessels should be used, and the fruit be poured out as soon as done; a lb. of sugar to a lb. of fruit is the general rule.

TO CLARIFY SUGAR.

To eight lbs. of sugar, stir in two quarts of water, the whites of two eggs; then place over a moderate fire, and as it boils take off the scum; when clear it is ready for the fruit.

JELLIES.

Almost all fruits will make a nice jelly; plums, cherries, currants, grapes, quinces, apples, peaches, oranges, are all delicate and very nice. They should be boiled in considerable water, very tender, with the seeds and parts of the kernals; then strain through a jelly bag, and allow a lb. of sugar to a pint of juice; boil awhile; if boiled too long it will not form; ising-glass may be added if there is a failure, which will be a remedy.

JAMS.

To each lb. of fruit, allow three quarters of a lb. of fine white sugar; mash the berries and mix together; boil, stir, and skim; the jam will be done in half an hour; put it warm in glasses, and

tie up with papers over the top. All jams are made in this way.

TO DRY CHERRIES AND PLUMS.

Stone and half dry them, pack in jars, and throw in sugar between each layer.

TO KEEP APPLES FRESH A YEAR.

Dry sand, and dry your barrel, put in a layer of apples and a layer of sand, and so on until full.

PEARS FOR TEA.

Very ripe, soft pears, should be pared and cut in slices and covered with sugar and cream.

PEACHES FOR TEA.

They should be prepared as above, and are very nice.

STRAWBERRIES FOR TEA.

They should have nearly their weight in sugar, and a sweet rich cream to serve with them. There is no greater luxury.

APPLE BUTTER.

Take any kind of fruit; allow half a lb. of sugar to one lb. of fruit, reduce one-fourth by boiling; nice for children instead of butter.

APPLE SAUCE.

Boil new sweet cider until it is nearly as thick as molasses ; pare, quarter, and core your apples, and put them into some hot syrup ; do them until tender ; put some molasses with the boiled cider, unless a part of the apples are sweet. This will keep all winter.

BOILED PEARS AND APPLES.

Boil them whole in a small quantity of water, until they begin to soften ; then add a little sugar or molasses, and finish.

CRAB APPLES.

Simmer them till the skin comes off readily ; then peel and core, and not break them. Use a lb. and a half of sugar to a lb. of fruit, and half a pint of water ; boil until tender ; cool and place away in jars, and pour the liquor over them.

CITRON AND MELON RINDS.

Cut in proper pieces with water enough to cover ; boil two hours, spread on a dish to cool ; then boil in a syrup two hours with the juice and rind of one lemon ; lay in jars.

VEGETABLES.

All vegetables should be carefully examined and washed before using.

Potatoes must be kept from freezing, and in a dry place.

Sweet potatoes should be kept in dry sand. The best way to cook them is to bake them.

Winter squash are a nice vegetable: keep in a dry and warm place.

Summer squash are good when tender; always boil with other vegetables.

Turnips should be kept where they will not dry or freeze. They are best when cooked whole, with boiled salt meats.

Parsnips are good baked or stewed; or boil, and when done, pour over them melted butter.

Carrots should accompany boiled beef or mutton; cook as parsnips.

Cabbages are best when kept in a hole in the ground. They should boil an hour, and the water pressed out before sending to the table.

Beets to be kept fresh should be covered with earth in a dry cellar. They are very nice roasted, as potatoes, for the table.

Onions should be kept dry; it is well to boil them in milk and water before using, to diminish their strong taste.

Tomatoes, if ripe, can be skinned easily; but it is better to pour over them boiling water: they are best kept hung on vines in a dry place.

Asparagus when two or three inches long is best for use. Boil it, tied in bundles; after boiling, spread it on toast, and pour over melted butter and pepper.

Green peas are best when fresh gathered; they lose their flavor if long kept; they should be boiled from twenty to sixty minutes, according to age.

String beans are cooked as peas; never select only those that are tender.

Sweet corn is sweeter by being boiled on the cob. It makes a delightful dish to accompany a bit of boiled pork.

Vegetable oysters are an excellent plant; cook tender, then fry in butter.

Dry beans, before using, should be picked over, washed, and left to soak over night. They should be boiled with a piece of fat pork.

Cucumbers, when cut in slices as thick as a dollar, and fried in hot butter, are excellent. They should first be sliced in cold water, to extract all unhealthful properties.

Sea-calc is prepared as asparagus.

Mushrooms of a right kind appear in August

and September. They are of a pale pink color on the under side, while on the top they are a dull white.

Dandelions when young make good greens. Milk-weeds are nice when young; horse-radish leaves, plantine, dock leaves, &c., make good greens.

Green corn should be boiled from fifteen to thirty minutes.

SOUPS AND GRAVIES.

The stew-pan must be perfectly clean and well tinned, otherwise the soups will acquire an ill flavor. They are improved by preparing them a day before they are used.

Always place the meat at the bottom of the pan, with a piece of butter; cut up the roots and herbs small, and strew over it; cover close, and let all stew till the gravy is extracted. If richness be required, add a little flour, mixed with butter.

PEA SOUP.

Soak the peas over night; next morning boil them an hour, adding a little saleratus; then change the water, and add a lb. of salt pork; boil until perfectly soft.

BEEF SOUP.

Boil a piece of neck until the richness is extracted ; strain the liquor, add an onion, some spice, carrots, turnips, and other vegetables, as you think proper. Boil until the roots become tender ; thicken and serve with toasted bread, cut fine.

VEAL BROTH.

Stew a small knuckle, with two ozs. of rice, a blade of mace, and some salt, in three quarts of water, until reduced one-half.

ONION SOUP.

Put carrots and turnips into the water that has boiled a leg of mutton, and let stew two hours ; strain it in six sliced and fried onions ; simmer three hours longer, skim carefully.

CHICKEN BROTH.

Skim the body of a young cock, put in three pints of the liquor in which a fowl has been boiled, and a few pepper-corns ; let simmer till the flavor is good, and when cold remove the fat.

BEEF TEA.

a lb. of lean beef in small pieces, boil in

three pints of water, skim well, and season to the taste.

FISH SOUP.

Skin and clean two eels, cut them small into a saucepan, cover with water; add some browned crust, pepper-corns, a tea-spoon of horse-radish, a bit of butter and flour; cover close and simmer.

CLEAR GRAVY.

Broil your meat over a quick fire, then put into a stew-pan with some sweet vegetables, spice, and cover with hot water; let it boil, and skim well; then cover close, and let simmer until quite strong.

GRAVY FOR A FOWL.

Stew the neck, gizzard, and liver with a bit of lemon peel, in a cup of water; add a spoon of catsup and boil it; then strain and mix with good butter, gradually.

VEAL GRAVY.

A good veal gravy is made by simply dripping the meat with butter, and mixing the drippings with a little flour and hot water, and boiling a few minutes.

EGG GRAVY.

Shred five boiled eggs, and put them in the melted butter.

RULES IN REGARD TO COOKING MEATS.

If meat does not smell perfectly fresh, when ready to boil, add a little saleratus, and it will remove everything unpleasant. If your brine is getting bad scald it, or make a new one immediately. The most economical way of cooking fresh meat is to boil it, if the liquor is used for soups or broths, as it always should be.

Baking meats is easily done, and is a nicer way of dressing a dinner.

It takes fat meat longer than lean to bake. All fresh meat should be kept awhile before using, to make it tender.

In baking, a larger fire should be used at first, than after the meat is nearly done.

In cooking by a fireplace, cooks impose on themselves discomfort, and waste a great deal of fuel by making too much fire.

If you use a tin baker, the lid is sufficient to bake meats of almost every kind, if kept bright: puddings may be done in the same way, and also custards.

When you bake a pig, butter is better than oil on account of the salt.

RULES FOR CARVING.

The meat to be carved should always be placed at the left of the carver; and soups, gravies, &c., at the right. The carving knife should be in good order: in using it no great strength is required.

The fleshy parts are to be cut first in smooth slices. The knife should be passed around the bone in cutting a joint, and great attention should be paid in helping each person to a portion of the best part.

The question should always be asked, "which part is preferred?" If there is stuffing, always lay a portion upon each plate with the meat. If there are different kinds of meat, do'nt fail to ask which will be preferred?

In carving fowls, always place the fork in the breast firmly, and cut from one side of the breast to the other, taking off wing and leg. Pigeons should be cut in halves, lengthwise, and half helped to each person.

Regulation of Time in Cooking.

BOILING.

Allow one-fourth hour for every lb. of meat. An old fowl will need boiling four hours; a full grown one, one and a half hours; a pullet, one hour; a chicken, half an hour.

ROASTING.

Beef.—A large roasting piece will require four hours; smaller one, from three to three and a half.

Mutton.—A leg, two hours; a shoulder, neck, loin, each one hour and a half.

Veal.—Hind quarter, five hours; loin or shoulder, three and a half; neck or breast, nearly two hours.

Pork.—A leg will require nearly three hours; spare rib, two hours or more; a loin, two hours.

A pig four weeks old will require but one hour and a half.

Turkey.—From two to three hours according to size.

Goose.—A full grown goose nearly two hours; a young one, one hour.

Duck.—The largest in less than an hour; the smaller ones in half an hour.

CHOICE OF MEATS.

Beef, when young, will have a fine, smooth grain, and be a good red, and feel tender.

Pork.—If the rind is tough, it is old; a thin rind always preferable. If the meat is clammy, it is tainted.

Mutton.—Choose by its fine grain and good color.

Lamb.—If it has a yellow cast, it is stale.

Veal.—The whitish is the best, and hence preferable.

Cooking Meats.

ROAST BEEF.

The surloin is the best for roasting. Spit the meat; baste it well while roasting with its own drippings, and throw on a handful of salt; keep the fire bright and clear. From fifteen to twenty minutes to the lb. is the general rule for roasting.

BOILED BEEF.

The round is the best boiling piece. Put the meat in the pot with water enough to cover it;

let it boil very slow at first, this is the great secret of making it tender; from two to three hours, according to size, is the rule for boiling.

BEEF STEAK.

The inside of the surloin makes the best steak. Cut about three-quarters of an inch thick; have the gridiron hot, put on the meat, and set it over a good fire of coals, turn them often; from eight to ten minutes is the time for broiling.

ROAST PORK.

Take a leg, cut the skin in squares, make a stuffing of grated bread and sage, onion, pepper and salt; moisten with the yolk of an egg; put this under the skin of the knuckle, and sprinkle over a little powdered sage; rub the whole surface with a feather dipped in sweet oil. Eight lbs. will require three hours.

SHOULDER AND SPARE RIB.

They are roasted in the same manner.

PORK STEAKS.

Cut off the neck or loin; broil over a clear fire, turning them often; pepper and salt while broiling; when done put on plate, and add a little butter.

BROILED HAM.

Cut in thin slices, soak in cold water before broiling, if the ham is too salt; fry a few eggs, and serve an egg on each slice of ham.

TO BOIL A TONGUE.

Put a tongue into a pot over night to soak; let stand until three hours before dinner, then boil until noon.

ROAST VEAL.

If the leg is used, stuff like pork; it should be done a fine brown, and often basted.

TO MAKE SAUSAGE MEAT.

Chop raw pork and veal fine, season with salt, pepper and sage; add a little flour and do up in balls to fry.

BOLOGNA SAUSAGE.

Boil and chop fine fresh beef, season with Cayenne and black pepper, and cloves; put in cloth rags and dry for use.

FRESH MEAT BALLS.

Boil the liver, heart, tongue, &c.; chop and season with drawn butter.

SOUSE.

Boil until it will slip off the bone ; then fry in melted butter.

CHOICE OF FOWLS.

Turkeys.—If young, the legs will be black and smooth ; if old, the feet will be dry.

Geese.—If old, the bill will be yellow ; if young, the bill will be red.

Hens.—If old, their combs will be rough ; if young, their combs will be smooth.

Ducks.—They will be limber-footed and fat, if young.

Partridges.—If young, they will have yellow legs ; if old, their legs will be blue.

COOKING OF FOWLS.

Turkey.—A good sized one should be roasted two hours before a quick and clear fire ; baste frequent, and keep a white paper pinned over the breast.

If you wish plain stuffing, crumble some bread fine, chop some fat pork fine, sift some sage, and mould them altogether ; season with a little pepper ; an egg worked in adds to it.

BOILED TURKEY.

Fill the crop with stuffing and sew it up; put over the fire in water enough to cover, boil slowly, take off all the scum, use a little salt; the turkey should be dredged with flour before boiling.

ROAST CHICKEN.

Should be managed as roast turkey; from an hour to an hour and a half is the time.

ROAST PIGEON.

They are roasted as chickens; cover with fat bacon.

ROAST DUCKS AND GEESE.

Make a stuffing, put in the belly, sew it up, let the goose be wiped dry inside and out; put down to the fire and roast it brown. Ducks in same way. Use only pepper and salt with gravy in the dish.

BOILED CHICKEN.

Go through with the same operation as with turkey, only it takes less time.

BOILED PIGEONS.

Boil them about fifteen minutes, then boil a

piece of bacon; serve with bacon and melted butter.

TO ROAST SNIPES AND WOODCOCKS.

Flour and baste them until done, have ready a slice or two of toasted bread to lay on the dish; lay them on the toast; make a gravy of butter and flour, with the drippings, pour over them.

CHOICE OF FISH.

Cod.—The gills should be red, the flesh white and firm, and the eyes fresh.

Salmon.—The flesh should be red; the whole fish stiff.

Shad.—If good, are white and thick; gills red.

Mackerel.—Their season is May and June.

Bass.—If the eyes are sunken, they are stale.

Trout.—The gills should be red and hard to open, the eyes bright, and the body stiff.

Crabs.—When the eyes look dead, are stale; medium size best.

Lobsters.—If they have not been long taken, their claws will have a strong motion.

Flounders soon become flabby; they should be thick and firm, the eyes bright, else they are bad.

TO BROIL ANY KIND OF FISH.

Split, wash and dry, season with salt and pepper; grease the gridiron, lay on the fish, outside uppermost, over the coals, and broil one-fourth hour or more; butter well and send to the table hot.

TO BOIL SALT COD.

Clean and soak over night in water, with a glass of vinegar; boil it well and break into flakes; pour over a consistency of cream, thickened with flour and butter, and serve with egg sauce.

TO BOIL ANY KIND OF FISH.

Put into cold water, with a little vinegar and salt to give firmness; let simmer very gently at first, or the outside will break before the inside is done; the fish may be tried by lifting up the fish plate, and if the meat will leave the bone it is ready, and should be immediately taken out of the water or it will be woolly; a clean cloth spread over it will preserve the color.

TO BAKE SHAD.

Lay the fish in a deep pan, putting its tail to

its mouth ; bake two hours, pour the gravy round it, and send it to the table ; any fish may be baked in this way ; the fish should be stuffed.

TO FRY TROUT.

After well washing, dry, flour, and lay them on a board before the fire ; fry them of a fine color, and serve them with parsley and butter.

TO FRY SMELTS.

Fry in the same manner as other fish ; the roughness of the crumbs must be preserved, or their beauty will be lost.

FLOUNDERS.

Rub with salt both sides, and remain two hours to give them firmness ; then dip them in egg, and sprinkle crumbs of bread over them.

TO PICKLE SALMON.

After boiling, as directions for all fish, boil the liquor with pepper-corns and salt ; add vinegar when cold, and pour over the fish.

TO FRY EELS.

Fry as flounders, curl them round, sprinkle with salt.

TO FRY HERRINGS.

Fry them a light brown, with sliced onions.

TO DRESS LOBSTERS COLD.

Take the fish out of the shell, cut it in small pieces; prepare a mixture of pepper, salt, sweet oil, vinegar, and mustard; mix the lobster with this preparation, and serve in a dish.

TO ROAST LOBSTERS.

Parboil the lobster, take it out of the water, rub it with butter, and set it before the fire; continue basting with butter till it has a fine froth.

TO FRY OYSTERS.

Make a batter, wipe the oysters dry, dip them in the batter and roll them in crumbs of bread finely powdered, and fry in butter.

TO STEW OYSTERS.

When you open them preserve the liquor and strain it; wash the oysters from the grit, simmer them very gently in their liquor; add pepper, cream, flour and butter, and serve with crackers or bits of bread.

CRABS.

Boil them from half to an hour, with a little salt ; when done wipe dry, and take off the shell ; take out the blue veins, and what is called the lady-fingers, as they are unwholesome ; send to the table cold, garnish with melted butter.

CLAMS.

Wash them clean, put them in a cooking vessel, with a little water, boil until the shells open ; then remove the shells, cook in the same water, adding salt, pepper, and a good quantity of butter ; when done, lay in tureen, and cover with a few slices of toast bread.

Mackerel, when boiled or fried, should be served with butter and fennel.

Herring are excellent cut in slices and broiled over a hot fire.

Clams when chopped fine, and mixed with a wheat batter and fried, make a good breakfast dish.

Cakes made of cod-fish, with twice its quantity of boiled potatoes, and fried in butter, are very nice.

SAVORY PIES.

When properly made, few articles of cookery

are more generally liked than relishing pies. The meat should generally be previously stewed before baking.

RAISED CRUST.

Boil a small but equal quantity of butter and lard in water, mix as much flour as you will want with this while hot, and roll out smooth; then let it remain until cool before using.

CHICKEN PIE.

Cut up two chickens, boil them tender; lay your crust around the sides of the pan, then lay in the chickens, sprinkle in flour, pepper, salt, and butter, with a thin slice of crust here and there; then add the water in which the chickens were boiled, and cover them; should be baked from an hour to an hour and a half, according to size.

TO MAKE POT PIE.

Make your dough as you would for biscuit, cut in pieces as you would biscuit; let them rise without kneading. When the meat is tender, there should be just water enough to cover; season with salt and pepper; stir in enough flour to thicken the water. When the water is boiling

hot, lay in the crust, and shut up tight; open in half an hour when it will be ready for use.

VEAL PIE.

Take the scrag end of a neck, season with pepper and salt, cover with good crust; when baked, pour in strong gravy. A piece of ham improves it.

BEEF PIE.

Beat your steaks well, season with pepper and salt, and lay them in a dish; put in some water and tomato catsup, line the edges with puff paste, and cover with a good crust.

PORK PIE.

Raise common crust into a round form, season some lean pork well with pepper and salt; mix the fat and lean in layers, fill up, and lay on the cover. Bake in a slow oven; use no water.

MUTTON PIE.

Cut steaks from a tender loin of mutton, season with salt, pepper, and a little onion; put a little water at the bottom of the dish, and paste at the edge, lay in the meat, and cover with a good crust.

SQUAB PIE.

Cut apples in slices, lay them in rows, with mutton chops, and sprinkle with shred onions and sugar.

PIGEON PIE.

Cut off the feet and neck, put a piece of fresh butter in the belly of each, season with pepper and salt inside and out; lay the birds in the dish, place the necks, heads, gizzards, livers, &c., in the centre, cover the whole with good crust, and bake.

POTATO PIE.

Peel and slice potatoes, season them, and also some steaks or chops; put alternate layers, and bake.

To Cook Eggs, and Preserve.

PRESERVING EGGS.

Put a layer of salt in the bottom of a jar, and stick the eggs points downwards into the salt, to make a layer; then add another layer of salt and another of eggs, until the jar is full; this

keeps them fresh and good. Some water and salt are good: one cracked one will spoil the whole. If you have hens of your own, keep a jar of lime-water always ready, and put in the eggs as they are brought from the nest; renew the water often, before packing lay them in a pan of water, and those that float throw away.

TO BOIL GGS.

Three minutes will boil them very soft, five minutes will cook hard, all but the yolk, and eight minutes will cook them hard all through; use salt, butter, and pepper.

TO FRY EGGS.

This is done after frying ham, generally. If not, use lard, and have it hot. Let them fry gradually, dipping the hot lard over them until they are cooked sufficiently without turning; then lay on plate for table.

POACHED EGGS.

Have a stew-pan of boiling water, when the eggs are set, set on hot coals, and as soon as the water boils they are done.

SCRAMBLED EGGS.

Beat eight eggs light, throw into a pan with

salt and butter, stir well, and pour them on a hot dish ; are excellent.

OMELET.

Put a handful of bread crumbs in a saucepan, a little cream, salt, pepper, and nutmeg ; when the bread has absorbed all the cream, break in ten eggs, beat all together and fry ; serve hot.

Nourishing Dishes for the Sick.

WATER GRUEL.

Put a large spoonful of meal by degrees into a pint of water, and when smooth boil it.

GROUND RICE MILK.

Boil one spoon of ground rice with one pint of milk, a bit of lemon peel ; sweeten when nearly done.

MILK PORRIDGE.

Make a gruel of flour and meal, equal parts, then boil in milk.

CUSTARD EGG.

Beat a raw egg, and prepare with sugar, milk, and nutmeg ; as a drink it is delightful.

An egg broken into a cup of tea, or mixed with a basin of milk, makes a good breakfast.

An egg beaten in a glass of wine will afford a very wholesome draught. •

Eggs poached, when taken in small quantities, may be eaten by invalids, and convey much nourishment.

BROTH OF MEATS.

Put the meat into a nice tin saucepan, with a sufficient quantity of water, and add sweet herbs, ten pepper-corns, and one onion, if approved; simmer over a slow fire, and remove the fat when cold. If there be any remaining, lay over it a piece of white paper, and it will take up every particle.

Soups and broths made of different meats are very supporting.

PANADA.

Set a little water over the fire, add a little lemon peel, grate in some crumbs of bread, add a glass of white wine, with a little sugar; let the mixture boil until of proper thickness: take off and let it cool, it will form a jelly.

SIPPETS.

Put a little bread on a hot plate, and pour over

it some gravy from beef or mutton, if there is no butter in the dish ; sprinkle over a little salt.

MULL WINE.

Boil some spice in a little water till the flavor is gained, then add an equal part of port and sugar, boil together ; serve with toast.

RICE CAUDLE.

Mix grated rice with cold water, then boil this mixture until of proper consistency, and add sugar, a little lemon, and a glass of brandy to the quart ; boil all smooth.

Another.—Make a common gruel, let it cool ; when used, add sugar, wine, and lemon peel.

TOAST WATER.

Take a slice of bread, toast brown on both sides, lay it in a bowl, and pour on boiling water, cover with a saucer to cool.

HOT LEMONADE.

Cut up the whole of a lemon, add one teacup of white sugar, and pour on boiling water. This is a pleasant beverage for the sick, and is also good for colds.

A GOOD DRINK IN FEVER.

Wash an oz. of barley, put in three pints of water, boil it well, then put in a syrup of lemons and capillaire.

A FINE DRAUGHT FOR THOSE WHO HAVE A COUGH.

Beat a fresh laid egg, and mix with a gill of new milk, slightly warmed, a large spoon of capillaire, and a little nutmeg scraped; warm before the egg is put in; take first and last thing.

A VERY PLEASANT DRINK.

Mash a cup of cranberries in water, boil a quart of water, with one large spoon of oatmeal, then add the berries, and as much Lisbon sugar as will leave a good flavor of the fruit, a gill of sherry; boil half an hour and strain off.

APPLE WATER.

Slice two large apples, pour over them a quart of boiling water, strain after standing three hours; sweeten.

CHAPTER VI.

Items for Housekeepers.

Do everything in its proper time. Keep everything in its place. Always mend clothes before washing.

Alum or vinegar is good to set colors of red, green, and yellow.

Sal-soda will bleach very white; one spoonful is enough for a kettle of clothes.

Save all your suds for gardens and plants, or to harden yards when sandy.

Stir Poland starch with a common candle and it will not stick to the iron, and will be much nicer.

Count your clothes-pins, knives and forks, towels, handkerchiefs, &c., every week.

Wash your tea-trays with cold suds, polish with a little flour, and rub with a dry cloth.

Frozen potatoes make more starch than fresh ones. It makes nice cake.

Indian meal should be kept in a cool place, or it will sour.

Save all your pieces of bread for puddings; dry, or they will mould.

Examine your pickles, sweetmeats, and everything put away.

Buy small quantities of cheese at a time; get some farmer to put down your butter in the fall.

A hot shovel, held over varnished furniture, will take out white spots.

A bit of glue, dissolved in skim milk and water, will restore rusty old crape.

Ribands of any color should be washed in cold soap-suds, and not rinsed.

When you rub the knobs of your doors, use a piece of pasteboard as large as two hands; this slipped on will prevent soiling the paint.

If your flat-irons are rough, rub them well with fine salt, and it will make them smooth.

The water in flower-pots should be changed every day, or it will become offensive.

Hops should be picked when they begin to be fragrant; spread them awhile to dry.

Oat-straw is best for filling beds; should be changed once a year.

Moths will never touch clothes kept in cedar chests.

When clothes have acquired a bad odor, charcoal laid in the folds will remove it.

In laying up fans for summer, lay a tallow candle in or near them, and worms will not molest.

If you are buying a carpet for durability, choose a small figure.

Charcoal should never be used in a sleeping room, unless in a grate.

Wrap a wet sheet around you if obliged to expose yourself in time of fire.

If the clothes catch fire, smother it instantly; use a blanket or anything near.

A bit of soap rubbed on the hinges of a door will prevent their creaking.

Scotch snuff put on the holes where crickets come out will destroy them.

Wood ashes and common salt, wet with water, will stop the cracks of a stove, and prevent the smoke from penetrating.

Green should be the prevailing color of bed hangings and window drapery.

Carpets should be shook often, but with great care; this brings the dust from the threads.

Silver spoons should never be used in the kitchen, unless for preserves.

Sour beer may be converted into good vinegar by putting in it a pint of molasses and water, and letting it stand ten days.

Ox gall is good to set colors; a table-spoonful in a gallon of water is enough.

Attend to mending the clothes of the family at least once a week.

In winter, set the handle of your pump as high as possible at night, or throw a blanket over it.

Have a heavy stone on the top of your pork, and see that it is kept under the brine.

Never use lye to clean tin, it will spoil it soon; make it clean with suds and whiting.

Never lay knives in hot water; it will destroy the handles.

Keep your mustard spoon clean, and your salt spoons out of the salt.

Keep your caster well filled.

A gallon of strong lye put in a barrel of hard water will make it as soft as rain water.

Keep mats at your door, and wash them often; have the steps of your house clean.

Never clean gilded frames, or you will spoil them.

Half a cranberry bound on a corn will soon kill it.

Never set chairs to hit the paper or paint on walls.

Keep your brass bright, your windows clean, and your furniture dusted.

CHAPTER VII.

Garden Shrubs, Flowers, Trees, &c. &c.

EVERY home should be accompanied with a well kept garden. It greatly increases the delights that cluster there, by furnishing its many sources of enjoyment.

How the purple plum, the delicious grape, the fragrant strawberry, and all the delicious fruits that hung on every stem, reflect to our hearts a picture of Paradise, and make us feel how sad a curse to be driven from the garden of Eden.

Cultivate flowers; it is a healthy employment, and exhibits evidence of refinement and taste.

Understand the diseases of fruit trees, and you need never complain of their decay and death.

Shrubs require annual pruning to form a handsome bush. Apply props to such as need support. To obtain shrubs from slips, which is the general way, it must be done before the buds begin to swell.

SLIPS.

They should be of last year's growth, and the joints near together; they should be planted

from four to six inches from the end of the stem. Insert one-third of their length, water them through the summer, and by fall they will be rooted.

SUCKERS.

These are young plants that shoot up around the shrub from the root. They may be separated in spring and transplanted.

SHRUBS.

There are many varieties of lilacs: by slips or suckers the lilac, snowball, snowberry, guelder rose, syringa, laburnum, and others, with their beauty and fragrance, might be made to adorn every home in our land.

DAHLIA.

This plant is better raised from the root than seed; hence, in winter, the root should be well covered with litter, to prevent its being injured by the frost. It begins to sprout the last of March.

LILLY.

This elegant plant needs moist ground; should

have plenty of air and light, but not too much heat. This plant is propagated by suckers.

GERANIUMS.

These are raised from slips placed in pots and kept from the sun, with the ground moist.

MONTHLY ROSES.

These need sun and air, and should be watered in proportion as they receive it.

HONEY SUCKLE.

This is a desirable vine for the frame-work at a door; it should be carefully trained.

GARDEN ROSES.

These should be pruned after they are done flowering, and you will have large flowers the next season.

In November, cover flower-beds with leaves, straw, and litter; also the roots of grape vines, &c.

If plants are watered too much, they will perish of mildew.

Slips should be gradually exposed to the sun: take from branches that grow near the ground. Transplantation is best done in spring or fall.

All garden soil should be dug and made mellow; if insects prevail on plants, use tobacco.

In September prepare beds for planting tulips, hyacinths, anemones, and other flower roots and shrubs; also plant strawberries.

SOAP FOR KILLING BORERS IN TREES.

Rub hard soap into every place in the tree which seems to be wounded by them. The rain will dissolve it, and force them out of their holes, and cause their death.

APPLE.

Prune the decayed limbs and rub the body of the tree with a hard brush; also strew lime around the roots to prevent decay. It improves the quality of the fruit and destroys the worms.

PEAR.

When the limbs are blighted, they should be cut off a foot or more from the diseased part, and immediately buried. When this is practiced, the evil is arrested.

PEACH.

These trees do best in elevated situations; cold, wet soil is unfavorable. When they begin to

languish, remove the soil around them, and supply its place with charcoal; it will produce a sudden renovation, and improve the fruit. Soft soap is good applied to all parts of the tree.

PLUM.

This tree is becoming deplorably affected with the black gum, caused by an insect. The part, when this disease is found, should be cut off and burned without delay. This will preserve it.

QUINCE.

It is easily raised from slips or cuttings taken from the tree in April, and planted in a shady place; water occasionally. They will grow anywhere with suitable care.

GOOSEBERRY.

It should be well trimmed every spring. Always dig around and enrich the soil while pruning; sprinkle the bushes a few weeks before blossoming with soap-suds, and you will have larger berries.

RASPBERRY.

They are easily cultivated: set them in a moist, shady place, and they will shoot up suck-

ers to the height of eight feet, and produce large and well-flavored berries. There is no greater luxury than the white raspberry, in its season.

CURRENT.

Keep the bushes well trimmed, and the fruit will be larger and better flavored.

STRAWBERRY.

Plant two feet apart each way, and cut off the runners; water around the root, enrich the soil with charcoal dust and soot, and you will have larger and better fruit.

ASPARAGUS.

Always enrich the soil in the fall. After the plant comes up, cut down even with the ground for use; this plant is saline, and should be watered with salt and water.

PEPPER GRASS

Is a beautiful salad: sow in drills, and cut before it comes into a rough leaf.

RHUBARB.

Stems cut from roots and planted in rich ground will make stems enough for a family; as a pie it is a luxury. The leaves are poison.

CUCUMBER.

Dig a hole in the earth and fill with about a peck of leached ashes, cover with a little earth; sow the seeds on a level with the surface.

LETTUCE.

Start in a hot bed, and transplant in your garden, setting them far enough apart to keep the earth loose about the root, and they will head tender and large.

 CHAPTER VIII.
The Complete Family Dyer and Cleanser.

THE materials must be clean, rinsed from soap, and entirely wet, that they may not spot. Light colors should be steeped in brass, tin, or earthen, and set with alum. Dark colors should be steeped in iron, and set with copperas.

ON COLORS.

The five chief colors are blue, red, yellow, black, and brown. Each of these will afford an infinite number of colors, or rather shades, and

by the combination of two or more of them, all the colors in dyeing are formed.

ROYAL PURPLE.

Soak logwood chips in soft water until the strength is out; then add alum, a tea-spoon to a quart of the liquor, rinse and dry. When the dye is exhausted it will color a fine lilac.

A COMMON SLATE.

Ten grounds boiled up in iron, and set with copperas, will make a good slate color.

NANKEEN COLOR.

A pailful of lye, with a bit of copperas, half as big as a hen's egg, boiled in it, will produce a nankeen color that will not fade.

A VERY BRIGHT NANKEEN COLOR.

Take a quantity of birch bark, boil in copper or brass, and set with alum, and you have a bright nankeen.

A PURPLE SLATE.

One paper of ink powder, one quart of vinegar, sufficient water to wet the articles well; done in brass.

FOR LILAC.

Take a pinch of archil, and put some boiling hot water upon it, add a very little lump of pearlash; shades may be altered by common salt or wine.

FOR SKY BLUE.

Get the blue composition; it may be found at drug stores. If the articles are not white, the old colors should be discharged by soap, or a strong tartaric acid water, then rinse. If you wish to color cotton goods, put in pounded chalk to destroy the acid which is very destructive to cotton.

LEMON COLOR.

Peach leaves, saffron, &c., steeped in water, and set with alum, will color a bright lemon; drop in a little gum arabic to make the articles stiff.

ORANGE.

One oz. of annatto, two pearlash; put the annatto in a bag, soak in two and a half gallons of water, add to this one oz. pearlash, and boil an hour. Wet your woolen in hot water, drain and put in the dye, stir one hour, dry and rinse.

CRIMSON.

One oz. cream of tartar, two do. alum, one cochineal, two drachms sal ammoniac, four do. pearlash, six ozs. wheat bran; take a brass kettle, with four gallons of soft water—when scalding, add the cream of tartar and alum, let boil, put in the cloth, stir for an hour and a half: take out the cloth, rinse in cool water, and air it: empty the dye, and put in as much clean, soft water as before; warm, add the bran tied in a bag, take off the scum as it rises, while the water heats: take out the bag, add one oz. cochineal, boil, put in the cloth, stir for one hour, rinse in cold water; then empty the water, put in as much of clean as before, warm, add the sal ammoniac, put in the cloth, stir five minutes, then drain: now add the pearlash and mix it, again put in the cloth, stir for ten minutes, take out, air, rinse, and the color will be permanent and beautiful.

GREEN.

Put in a brass kettle three gallons of soft water, add cream of tartar two ozs. and alum three ozs.; when the water is scalding hot, put in the cloth, boil one hour and a half, stir often,

then take out, and drain and air it; add two ozs. of blue composition, and mix well; then put in the cloth, keeping it scalding hot, and stir often; in half an hour, take out and rinse. Put eight ozs. of fustic in a bag, boil it in the liquor an hour and a half; take out the bag and put in the cloth, boil an hour, air, and rinse, and you have a beautiful and permanent green.

SCARLET.

Dip the cloth in a solution of alkaline or metallic salt, then in a cochineal dye, and let it remain some time, and it will come out permanently colored.

TO COLOR BLACK.

Logwood and vinegar in iron makes a good black for woollens.

Black ink-powder boiled in vinegar, and set with a bit of copperas, makes a good black.

Or soak logwood chips in soft water one day, take out the chips, put in your goods, let soak one day, take out, and air; put an oz. of copperas in the dye, then again dip in your goods, raising and turning often. Then take out and dry; wash in suds and sweet milk thoroughly, and rinse, and you will have a jet black.

TO COLOR RED.

For one lb. of cloth, take three ozs. of madder, three ozs. of alum, one oz. of cream of tartar; prepare a brass kettle with two gallons of water, bring the liquor to a steady heat, add your alum and tartar, and make it boil; put in the cloth, boil two hours, rinse in cold water: fill the kettle as before, add the madder, mix with the water before adding the cloth; again warm the dye, put in the cloth, let lie one hour, keep of a steady heat, stir constantly, bring to boil fifteen minutes, then air and rinse. If your goods are new, use four ozs. of madder.

TO COLOR YELLOW.

Wash your goods in soap and water, rinse in warm water; dissolve half an oz. of alum in boiling water; when at hand heat put in your goods, and let remain two hours; boil a sufficient quantity of wild cherry-bark, and dip the liquor out in a pan. Take your goods from the alum water, and put into the dye, stir for an hour, and they will come out the shade required.

TO CLEAN AND DYE FEATHERS.

Feathers to be dyed must first be cleaned by

passing them through the hands in warm water, and at last by rinsing them in warm water. Previous to their being dyed, it is necessary that they should be soaked in warm water for several hours.

If for yellows or reds, they must be alumed for a day or two before they are immersed in your dye liquor.

When rightly prepared, the same preparation as will dye silk, of the same color, will dye feathers, with one exception: in dyeing silks, the water is always used hot; in feathers, it must be cold.

TO COLOR SILK GREEN.

Blue composition 1 oz., half a cup of green tea, one pint of water, a piece of alum as big as an egg, mix together; wet your silk in suds, dip in the dye, then hang out and dry.

The same preparation as will dye flannel will dye silk of the same color; but few know it.

TO BLEACH BONNETS.

First—To make chemical soap.

Take six lbs. of white bar soap, shave fine; one-half lb. of saleratus, pulverized fine; three

ozs. of salt petre, two ozs. of camphor gum, cut with half a pint of alcohol, half pint spirits of turpentine, one half pint liquid ammoniac, one pint alcohol, two quarts soft water; put all in a boiler and boil well, and stir for half an hour; let get cold; cut into cakes for use.

Second—Directions for using.

Wet your bonnets, and let soak eight hours; then with chemical soap, and a very little water, wash them, using a brush. Wash well, rinse, and then dry them perfectly; then rub them in your meal and saleratus, wet with water; then put them in the bleach, and bleach fast and constant for four hours: wash and dry them, and stiffen with white glue.

Take pains and get good articles, and be careful in the performance of the work, and you may then be sure of success.

TO DYE CHIP AND STRAW BONNETS BLACK.

Wash the braid in warm suds, then dissolve one-fourth lb. of copperas in two quarts of soft water, put the braid in and let it remain fifteen minutes, then take out, and wash in cold water. Take an oz. of logwood gum, dissolve in as much water as above, continue dipping the braid in this dye until dark enough. Use common glue for stiffening.

HOW TO TAKE THE STAIN OF DYE FROM HANDS.

Take a small quantity of oil of vitriol, and pour it into some cold water, and wash your hands in it, without soap. The dye will then rub off.

FOR BLEACHING COTTONS.

Cottons are bleached by running them through muriatic acid and water. The dyeing of them is the same as for silk and flannel.

From the chief colors already described, every shade may be produced: hence the reader cannot expect a receipt for every shade, as this would fill a large volume:

TO CLEAN LIGHT KID GLOVES.

Magnesia, moist bread, and India rubber, are all of them good to clean light kid gloves. They should be rubbed on the gloves thoroughly.

TO RESTORE RUSTY CRAPE.

Gin is an excellent thing. Dip it in and let it get saturated with it; clap it till dry; smooth it out with a hot iron, and it is as nice as when new.

FOR CLEANSING SILK.

To restore the colors of different shades of pink,

put into a rinsing water, with vinegar or lemon juice. For scarlet, use solution of tin. For blues, purples and their shades, use pearlash; and for olive greens, dissolve verdigris, with a little sulphuric acid, in water. Pink and brown should be rinsed in pure water. Dry and iron as usual.

TO WASH WOOLENS.

Rub them out in soap suds; then wring them out; put into a clean tub; turn on boiling water to cover, and let remain till the water is cold. A little indigo in boiling water makes the flannels look nicer. Colored woollens that incline to fade should be washed in beef's gall and warm water before they are put into the suds.

TO CLEAN WOOLEN SHAWLS AND SILK.

Pair and grate raw potatoes, and put to each pint of potato pulp two quarts of cold water; then strain the water through a sieve, and rub through as much of the potato pulp as possible; then let it stand until very clear; turn the water off carefully; cover a table with a clean cotton cloth; lay on the shawl which you wish to clean, and pin it down tight; then take a new sponge and rub on the potato water until clean; then

rinse in clean water. Spread and dry quick; never hang up: fold in a clean white cloth while damp; press it until dry. Extract grease spots before washing.

TO REMOVE PUTTY AND PAINT FROM WINDOWS.

Put sufficient pearlash into hot water to make it very strong; then saturate the paint which is daubed on the glass with it. Let it remain until nearly dry; then rub off with a woollen cloth. Pearlash water is also good to remove putty from glass. Whiting is also good after it is dried on.

CHAPTER IX.

Medicines Valuable to every Family.

THE following receipts may be relied upon as genuine.

SODA WATER.

Take one-third of a tea-spoonful of carb. soda, half that quantity of tartaric acid, loaf sugar to make it pleasant. Dissolve the soda first, and drink while it foams.

MIXTURE FOR BOWEL COMPLAINTS.

Take rhubarb, one oz.; saleratus, one tea-spoonful: pour on one pint of boiling water. When cold, add two tea-spoons of ess. peppermint. Dose according to age, and urgency of disease. One table spoonful for every quarter, half, or one and two hours.

COSTIVENESS.

Take light animal food, such as mutton, &c. Eat mush and molasses once a day. Take regular and moderate exercise, and make an effort once a day to evacuate.

WORM ELIXIR.

Take one oz. saffron, one oz. aloes, one oz. myrrh: steep the myrrh four days in half pint rum or brandy; then add the saffron and aloes. Dose: Give a tea-spoonful once a month to children, and it will prevent their being troubled with worms. It is good for adults, occasionally.

OPODELDOC.

Take common white soap, three ozs.; camphor, one oz.; oil of origanum, half an oz.; alcohol, one pint: cut the soap and dissolve it in the alcohol, in which the other articles had been pre-

viously dissolved, and cool in wide-mouthed bottles for use.

PAREGORIC.

Take opium, one drachm; flowers of benzoin, one drachm; camphor, two scruples; oil of anise, one drachm; liquorice, one oz.; spirits, one quart. Dose: a teaspoonful for an adult; half that for a child two years old.

HEALING SALVE.

Take equal parts of rosin, beeswax, and sweet oil: melt and mix; stir until cool.

ANOTHER, FOR DEEP SORES.

Add to the above, when boiling hot, two lbs. of red lead: when almost cold, add half an oz. of pulverized camphor. This should be spread thin, and renewed once or twice a day.

RHEUMATIC TINCTURE.

Take camphor, two drachms; gum guiacum, one oz.; nitre, one oz.; balsam of tolu, two drachms; spirits, one quart: mix well. Dose: one tea-spoonful in a little cold water, once or twice a day.

INVALID CORDIAL.

Dissolve of gum arabic two oz., in one pint of soft water, and add one wine-glass of fourth-proof brandy. Take a table-spoonful three or four times a day.

HEADACHE DROPS.

Alcohol, two quarts; Castile-soap, three ozs.; camphor, one oz.; ammoniac, two ozs.; bathe forehead and temples.

CONSUMPTIVE BALM.

Gum of benzoin, four ozs.; gum storix callinter, three ozs.; balsam tolu, one oz.; gum-aloes-socotrine, one and a half oz.; gum myrrh, one and a half oz.; root of ancillica, two ozs.; tops of Johnswort, two ozs.; pound all these together and mix with three pints of rectified spirits of wine, in glass bottle. Let them stand four weeks in a moderate heat. Shake once per day, strain, and it is fit for use. Dose from twelve to fifteen drops in a wine-glass every morning, fifteen minutes before eating.

GRAND FAMILY SANATIVE.

Gum aloes, one-half oz.; rhubarb, one oz.; Ginger, onn oz.; myrrh, one drachm; cayenne

pepper, one tea-spoonful; spirits, one quart. Steep twenty-four hours; add a cup of sugar and half a pint of water. Dose: Take from one to two large spoonfuls half an hour before eating.

HEART-BURN LOZENGES.

Take chalk, four ozs.; crab-eyes, two ozs.; bal ammoniac, one oz.: make it into a paste with dissolved gum arabic.

VOLATILE LINAMENT.

Take one oz. spirits ammonia, and add sweet oil until it looks like cream. This is good for an external application.

A SYRUP FOR CLEANSING THE BLOOD.

Take six lbs. sarsaparilla; two lbs. bark of sassafras root; two lbs. of elder flowers; two lbs. burdock; three ounces guiacum; one gallon spirits; one gallon water: boil and pour off the liquor repeatedly, until all the strength is retained; boil down to six quarts, and add sufficient crushed sugar to make a syrup. Dose: wine-glass three or four times a day. Add to each bottle one-half tea-spoonful of carb. soda.

URINARY MIXTURE.

Acetate potash, two drachms; honey, half an oz.; spirits of turpentine, half a drachm; carb. soda, half a drachm; ess. to suit the taste. Dose: two spoonfuls three times a day. Gum arabic to be taken in connection. This is good in cases of obstruction.

BALSAM OF HONEY.

Balsam of tolu, two ozs.; gum storax, two drachms; opium, two drachms; honey, 8 ozs.: dissolve in quart of spirits of wine. This balsam will often cure coughs that are alarming.

COUGH SYRUP.

Iceland moss, two ozs.; four poppy heads; one oz. of barley: put in three pints water, boil down to two, and strain it. Add one lb. sugar. Dose: a table-spoonful when the cough is troublesome.

Another.—Boil down thoroughwort to a thick syrup, and sweeten with molasses. This cures when other remedies fail.

COMPOSITION.

Take one lb. bayberry bark; eight ozs. ginger;

two ozs. cloves; two ozs. cayenne: grind and mix well together.

HOT DROPS.

Three-fourths lb. gum myrrh, pulverized; one oz. cayenne pepper to one gallon of fourth-proof brandy.

GODFREY'S CORDIAL.

Dissolve half oz. opium, one drachm oil of sassafras, in two ozs. spirits of wine: mix four lbs. treacle with one gallon boiling water, and when cold mix together. This is the celebrated cordial so much used for children.

EYE WATER.

Half an oz. white copperas dissolved in a pint of hot water. Wet the corners of the eyes every hour of the day.

ANOTHER.

Take of white vitriol a piece as large as a pea; the same of salt; one oz. water, and a small bit of opium. Use three times a day.

TINCTURE OF LOBELIA.

For two ozs. of seed, one pint of gin: let it

stand a week, when it will be fit for use. For children, a tea-spoonful is a dose. For adults, from half to a whole wine-glass, always repeating the dose every fifteen or twenty minutes, until it vomits.

TO REMOVE FRECKLES.

Two ozs. lemon juice; half drachm powdered borax; one drachm of sugar: mix together; let stand in a glass bottle for a few days, then rub it on the face occasionally.

Indian Receipts.

THESE receipts have been collected with great expense, and are, alone, worth a hundred times the price of this book.

THE BITE OF A SNAKE, ETC.

The moment a person is bitten, apply a ligature above the wound, and compress lightly by winding it up with a stick, close as it can be borne. Cut out the wound, then touch it with caustic, or pour in turpentine. A decoction of Spanish flies and turpentine should be applied to the skin around the wound, to excite inflamma-

tion and suppuration, which is very important. As soon as it is cut, take off the ligature. The discharge of matter should be kept up for some time.

INWARD ULCERS.

Sassafras root, two ozs.; cat's-foot, two ozs.; blood-root, one oz.; gum myrrh, one oz.; winter bark, one oz.; socotrine aloes, one oz.: steep in two quarts spirits, and drink a small glass every morning.

SORE THROAT.

Inhale through a tunnel the steam of hot vinegar in which sage leaves have been steeped.

A CURE FOR BLEEDING AT THE STOMACH.

One lb. yellow dock root; dry thoroughly and pound fine: boil in a quart sweet milk, and strain off. Drink a gill three times a day. Take also a pill of white pine turpentine every day, to heal the vessels that leak.

FOR THE DROPSY.

Half lb. blue-flag root; same of elecompane root: boil in two gallons of soft water, to one quart; sweeten with molasses. Let the patient take half a gill three times a day, before eating.

SALT RHEUM.

Take sassafras bark; boil it in water very strong. Take some of the water and wash the part affected. To the remainder of the water add hog's lard; simmer over a moderate fire until the water is gone. Anoint the part affected, after washing. Continue it four days. It never fails of a cure.

ITCH.

Half lb. bear's lard; four ozs. turpentine; two ozs. sulphur: mix together cold. Apply to the ankles, knees, wrists, and elbows, and rub it in the palms of the hands. Use three nights, before going to bed.

FOR RATTLES IN CHILDREN.

Take blood-root; powder it; give the patient a small tea-spoonful at a dose. If the first does not break the bladder in half an hour, repeat again three times. This never has failed curing.

CORN ON THE FEET AND TOES.

Take white pine turpentine; spread a plaster; apply it to the corn; let it stay on until it comes off itself. Repeat it three times.

A CURE FOR GRAVEL.

Take the root of Jacob's ladder, and make a very strong tea, and drink very plenty. It is a certain remedy.

SALVE FOR A BURN.

Take the green of elder bark, camomile and parsley, and stew them in fresh butter: strain off and add equal parts of rosin and beeswax.

FOR A HECTIC COUGH.

Three yolks of eggs; three spoonfuls of honey, and one of tar: beat well together; add one gill of wine. Take a spoonful three times a day.

A REMEDY FOR WEAKNESS IN URINE VESSELS.

Steep two ozs. red bark in quart of wine for twenty-four hours. Let the patient drink a table-spoonful, if two or three years old; if older, a little more.

A CURE FOR THE LOCK-JAW.

Bind upon the wound, and in close contact with it, a common cent or piece of copper: it will give immediate relief.

A CERTAIN CURE FOR COMMON COLD.

Boil a turnip, put it into a saucer and pour upon it half a cup of molasses; let it stand fifteen minutes; then turn off the syrup, at the same time squeezing the turnip so as to express its fluid. The syrup to be drank warm upon going to bed.

A LIST OF SIMPLES, WHICH SHOULD BE KEPT
READY FOR USE.

Senna. Dose: a table-spoonful of leaves steeped for a child.

Hot Drops. Dose: a tea-spoonful for a child.

Sweet Tincture of Rhubarb. Dose: a table-spoonful for a child.

Penny-royal for colds.

Red raspberry leaves for canker, dysentery, &c.

White lily root for canker.

Slippery elm for poultices and for a drink.

Mullen leaves for poultices and fomentations.

Wine epecac. Dose, to act as emetic, fifteen drops, repeated every fifteen minutes until it operates; for adult, a tea-spoonful repeated as above.

Syrup Squills. Dose: for a child, half a tea-spoonful.

Avens root. An astringent and tonic.

Castor oil. Dose: for an adult, a table-spoonful; for a child, a tea-spoonful.

Camphor. Dose: a tea-spoonful.

Composition. Dose: a tea-spoonful.

Crane's-bill for canker.

Paragoric. Dose: for a child, from five to twenty drops.

Lobelia or Blood-root Tincture. Dose: a tea-spoonful for a child.

Wormwood, for bruises and worms.

Sage,	Lobelia,
Thoroughwort,	Valerian,
Catnip,	Burdock leaves,
Spearmint,	Hoarhound,
Horseradish leaves,	Yarrow.

The doses of medicines recommended for an adult may be varied to the age of the patient, according to the following rule: two-thirds of a dose for a person from ten to sixteen; one-half, from six to ten; one-third, from three to six; one-fourth, from one to three; and one-eighth to one of one year.

In the receipts or prescriptions, when it is not convenient to obtain all the articles specified, others of the same nature may be substituted.

LIQUID MEASURE.

Half a pint	contains	eight ounces.
A tea-cup	“	a gill.
Half a wine-glass	“	one ounce.
Two table-spoons	“	one ounce.
A tea-spoonful	“	sixty drops.

DRY MEASURE.

A table-spoonful	contains	half an ounce.
A tea-spoonful	“	one drachm.
A tea-spoon	“	sixty grains.
A tea-cup	“	eight ounces.

CHAPTER X.

Ladies and Gentlemen's Polite Teacher.

A LETTER of introduction, note of invitation, or reply, should always be enclosed in an envelope.

A letter of introduction should always enclose the card and address of the person introduced.

Notes of invitation should always be sent in the name of the lady of the house.

Invitations should be answered within four days.

Notes of invitation should not be sealed.

Figured and colored paper is out of style; pure white paper is more strictly in good taste.

Printed cards should be used when the party is large.

It is considered a mark of respect to commence a letter near the middle of a page.

All letters should be sealed and superscribed, so as to give room for the postmark, without defacing the superscription.



FORMS OF INVITATION CARDS AND NOTES.

Mrs. ——— requests the pleasure of Mr. and Mrs. ———'s company on Tuesday evening, six o'clock, P. M. or A. M., as the case may be.

Separate notes should be sent to the sons and daughters, if their company is wished.

Answers should be thus expressed:

Mr. and Mrs. ——— accept with pleasure Mrs. ———'s invitation for Tuesday evening next.

If a refusal is sent, it should be thus expressed:

Mr. and Mrs. ——— regret that it will not be in their power to accept Mrs. ———'s invitation for Tuesday evening next.

The date should always be placed at the bottom of the note, on the left hand side.

HOW TO ADDRESS A LADY.

We address a married lady or widow as Madam, or by name, as Miss or Mrs. ———.

In answering a question, we contract the Madam to Ma'am; thus—yes, Ma'am; no, Ma'am; a very fine day, Ma'am.

A young lady, if the eldest of the family, unmarried, is entitled to the surname, as Miss Smith, while her youngest sisters are called Miss Mary, Miss Sarah, &c.

The term Miss, used by itself, is very improper.

RULES FOR CONVERSATION.

Address yourself to the capacity of those to whom you speak.

Direct your conversation to such subjects as you know to be agreeable to your company.

Good humor and wit is the charm of conversation.

It is not impolite to laugh in company when there is anything amusing going on.

Nothing is more annoying than to be frequently interrupted in conversation.

Contradiction is the greatest rudeness any person can be guilty of.

Whispering in company is highly improper.

Never attempt to take the lead in conversation.

It is not good taste for a lady to say yes, Sir, and no, Sir, to a gentleman.

Due deference should always be paid to the aged.

LANGUAGE OF THE FINGER RING.

If a gentleman wants a wife, he wears a ring on the first finger of his left hand.

If engaged, he wears it on the second finger.

If married, he wears it on the third finger.

If he never intends to get married, he wears it on the fourth finger.

When a lady is not engaged, she wears a hoop or diamond on her fourth finger.

If engaged, she wears it on the second finger.

If married, she wears it on the third finger.

If she intends to remain a maid, she wears her ring on her fourth finger.

Thus by these tokens are our desires made manifest.

HINTS VALUABLE TO YOUNG LADIES.

Every lady should determine what dress and hat best becomes her form and complexion. In America there is not the distinction made in the

style of dress that is necessary between a tall and short, or a slender and thick person; or a dark or light complexion; but all must dress in the latest fashion, however unbecoming it may be.

THE HAT.

The delicate, pale complexion, should wear a pink lining.

The brunette, or dark complexion, should wear white lining, with rose trimming. Never black, unless unavoidable.

A large person should never wear a small hat. The reverse with small persons.

An extremely red or yellow complexion should not wear high colors.

Yellow, lilac, and red, are the most trying colors to the complexion.

A close cottage is generally becoming, and fashionable.

THE DRESS.

Suit the dress to the complexion, the same as the hat.

A short figure should not wear as full a skirt as a tall one:

Every species of drapery is graceful to a tall figure.

Flounces are graceful upon tall persons ; but never upon diminutive ones.

Tight sleeves upon a tall, slender figure, with long arms, are very ungraceful, unless trimmed with folds or drapery.

Tucks are equally graceful upon both, and never look out of fashion.

Capes are only becoming to persons with falling shoulders.

High neck dresses are simple, and always becoming.

For a high shouldered person, a low neck dress is appropriate.

Dresses with loose backs are only becoming upon fine and slender figures.

Evening dresses of transparent materials look well when made high in the neck.

A dress should always be made loose over the chest, and tight over the shoulder blades.

Long sashes fastened in front are becoming unless there is much trimming upon the dress.

Cuffs at the wrist give the hand a small appearance.

The effect of a well made bustle is to make the waist look round and delicate.

A waspish waist can never be considered handsome.

HOW TO DRESS THE HAIR.

Light hair is generally most becoming when curled. For an oval face, long and thick ringlets are suitable; but if the face is thin and sharp, the ringlets should be light, and not too long. Open braids are beautiful when made of dark hair.

A simple and graceful mode of arranging the hair is to fold the front locks behind the ears, permitting the ends to fall in a couple of ringlets on either side, behind.

Great care should be taken to part the hair directly in the center of the forehead.

Hints Valuable to Young Gentlemen.

CHOICE OF A WIFE.

Don't allow yourself to be deceived and fascinated by a gay, dashing young lady, fond of company, extravagant, vain, and showy in dress. It is not a doll or coquette you want for a partner. Choose rather one of those retiring, modest, sensible, neat young ladies, who have learned the lesson of denial, and possess a decided mind, and have acquainted themselves with the domestic affairs of a family.

HOW TO TREAT A WIFE.

You may have great trials in your business with the world; but do not, therefore, carry to your home a clouded or contracted brow. A kind and tender look will do wonders in chasing the gloom from her brow.

Notice kindly her little attentions and efforts to promote your comfort. Do not take them all as a matter of course, and pass them by, at the same time be very sure to notice any omission of what you may consider her duty to you. Do not treat her with indifference, if you would not sear and palsy her heart, which, watered by kindness, would, to the latest day of your existence, throb with sincere and constant affection. Sometimes yield your wishes to hers. She has preferences as strong as you, and just as trying to her, to yield, as to you.

Do you find it hard to yield it sometimes? think you, is it not hard for her to give up always?

And again: show yourself manly, so that your wife can look up to you, and feel that you will act nobly, and that she can confide in your judgment.

DRESS OF GENTLEMEN.

A shabbily dressed man is likely to feel shabbily, and to commit shabby actions.

A man with his coat out at the elbows, and boots run down at the heel, will do things of which, in his dressed moments, he would be ashamed.

A dandy farmer, an over-dressed mechanic, and a finical tradesman, are ridiculous; but there is no reason why people of all employments should not wear clean linen, and dress with perfect neatness.

A plain, simple style is most proper for people of every class—the richest as well as the poorest. Flashy dresses, fancy colors, and excessive ornament, are the marks of blacklegs and prostitutes.

Full dress for gentlemen admits of but two colors, white and black. Undress allows of gray, brown, olives, indigo, and other quiet colors. Perhaps the best way is to have a sensible tailor, and leave the whole matter to his discretion; that is, if you can rely upon his disinterestedness.

The best rule for both sexes, is to dress so that no one can remember what you wore, or anything about it, except the general pleasing effect.

CHAPTER XI.

Rules for Conducting Public Debates and Meetings.

ELECTION OF CHAIRMAN.

THE chairman selected should be a man held in respect.

He should be a man of maturity, and commanding personal appearance.

He should possess a fitness for the office: this includes intelligence, business tact, self-possession and standing in society.

The chairman should be chosen by nomination, and each person named. The motion being seconded, should be voted for until the choice is made.

The chairman chosen should always be properly conducted to the chair, and he may be introduced to the meeting in a brief speech.

On taking the chair, a few words of remark upon the part of the chairman is in order, and generally expected.

THE DUTIES OF THE CHAIRMAN.

It is improper for the chairman to hold conversation with any person while the floor is occupied by a speaker.

No person should accept the office of chairman unless he is prepared to resign all thoughts of promoting any private views of his own.

When a motion is presented to the meeting, it should be read by the chairman, and objections called for: there being none, the motion should be put to the meeting, and decided by a majority of votes.

Persons wishing to advocate the motion should be allowed to do so.

If there be any objection, it must take one of the following shapes: it must be an amendment or negative, or to postpone, or for the previous question, or to adjourn the meeting.

The right of reply, as it is termed, exists in the mover of an original proposition; but belongs not to the mover of amendment.

The rule of speaking is, one speech for each person on each motion.

If the vote be doubted, it will be the duty of the chairman to "divide the house," and count the votes.

If there be amendments to an original motion, the amendments must be acted upon first.

At an adjourned meeting, the chairman should cause the minutes of the last meeting to be read.

No speaker should be interrupted while speak-

ing, unless called to a point of order by the chairman.

When a point of order is raised, the person speaking should cease, and wait the decision of the chairman.

When several persons rise to speak at the same time, a preference should be given to the one whose eye was first caught by the chairman.

If it is desirable to get rid of the chairman, it may be done by refusing to do any business, or by an adjournment of the meeting.

CHAPTER XII.

Sudden Accidents or Emergencies.

ONE ought to consider every possible accident that may occur, so as to be prepared for any emergency. The surest way to have presence of mind, is to have planned everything beforehand.

You may fall from a height: practice jumping from slighter elevations, relaxing your joints and muscles so as to alight with the greatest ease.

You may fall into a river: learn to swim, or

at least to float, which you can do by merely holding your head back and keeping your arms out of water.

The house may catch fire: have what you would prefer to save where you can lay your hand on it. If the rooms fill with smoke, get on your hands and knees; the purest air being near the floor. If your room is high, and there is no other escape, get upon the roof, or let yourself down from the window by the bed-cord, or a rope made of the sheets and pillows. One can rush through the fire and smoke by having a wet silk handkerchief over the face.

When a house first catches fire, you can put it out with a mop and pail of water, or smother it with woolens.

If the chimney takes fire, so as to endanger the building, you can put it out by throwing upon the fire a handful of sulphur, or putting a wet blanket upon the fireplace.

If your clothes catch fire, lay down on the floor or carpet, and smother it out. If you see any other persons, throw them down and wrap them in a carpet, rag, or any woolen article; or in any way smother the fire.

N.B. Probably a hundred children are killed every year by their clothes taking fire: every

such case might have been prevented had they worn woollen clothes.

If the boiler of a steamboat explodes, throw yourself flat on your face, and avoid inhaling the steam.

If you are ran away with in a carriage, stick to your seat as long as it holds together; people are almost always killed or severely injured by jumping out.

If a person near you is struck with lightning, dash pailsful of cold water over him; stand at the head, so that it may receive the principle shock, and continue this for at least half an hour.

To an apparent drowned person, use no violence, such as rolling on a barrel, &c.; but get them stripped and into hot blankets, hot cloths, with friction, bottles of hot water to their feet and hands, and inflate their lungs so as to produce breathing artificially. This, if anything, will bring them to.

Persons who faint away, come to, if placed in a horizontal position.

If you have swallowed poison, take, as quickly as possible, some rapid emetic: a table-spoon of ground mustard, in a cup of warm water, is as good and handy as any.

The hydra per oxide of iron is a perfect anti-

dote to arsenic or ratsbane. Iron rust in water will answer; it may be taken freely.

Sharp vinegar or lemon juice corrects of opium, but it should be got out of the stomach if possible.

If compelled to fight, pitch in at once, strike the first blow, astonish your antagonist, and "lick him" as fast as possible.

In case of a wound, if a vein is injured, the ligature must be below; but if an artery, above the wound: in the artery the blood is of a lighter red, and flows by jerks. The great artery of the leg may be compressed by the thumb at the groin, where it presses over the hip bone. In this way life may be saved, where otherwise a person would bleed to death in a few moments.

Common bleeding may be stopped by lint and cold water, or pearlash, or alum, or burnt sponge, or a weak solution of creasote, or by any acid or alkali: bleeding at the lungs may be checked by breathing the vapor of creasote, made by dropping the solution on a shovel.

If bitten by a mad dog, cut out the wound as quickly as possible, and wash it thoroughly in aqua-ammonia; or, for want of that, in a solution of potash or common salt. The bite of a snake and stings may be cured in this way.

When men are overpowered by choke damp, in descending a well, dash down some pails of water upon them before you descend to their assistance, and be securely lashed before you descend. The cold water should be dashed over persons supposed to be killed in this way, or by the fumes of charcoal.

Most animals can be cowed by steadily looking them in the eyes. If attacked by a dog, bear, or any beast of prey, seize him by the roots of the tongue. A mad bull may be held by one horn, grasping at the same time his nostril with thumb and finger.

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Not a student

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